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HALIFAX ECONOMY IN BETTER SHAPE THAN ITS  
SURVEY SCORES SUGGEST: ANALYST

PAGE 4

HALIFAX

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Wednesday, September 26, 2012



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# Front-runners shake hands

**Fifth debate.** No further attacks from Tom Martin towards Mike Savage Tuesday night

Any tension between the mayoral front-runners after the fourth debate appeared to dissipate completely in No. 5.

Tuesday's forum at Alderney Landing, hosted by the Canadian Lebanese Chamber of Commerce and Industry of Nova Scotia was similar to Monday's — from the moderator to the seating arrangement — but Tom Martin did not aim any further attacks at Mike Savage, and the pair were even shaking hands by the end of the evening.

In fact, the candidates were sometimes so solidly in lock-step on a range of development and business issues, they may have done themselves a disservice.

"I don't think anyone persuaded me tonight," said audience member Elias Metlege.

Metlege asked about eliminating HRM's deed transfer tax — the highest in Canada

### Busy week

# 5

The number of mayoral forums scheduled this week.

— and heard, five times, that it should be considered as part of a broader tax review.

"Considering that I ask every municipal official I meet what they think about that tax and no one gives me a straight answer, that's par for the course right now," said Metlege, who praised the candidates for being realistic.

CLCCINS chair Leo Salloum also wouldn't name a "winner," but was pleased with the well-crafted questions and answers.

The questions "were very specific, and that's what we need, that sense of clearness," he said. "We can't have a grey area, because that's going to cost money and cause non-trust between citizens and the council. We're somewhat on that track at this point.... The new mayor and council are really going to have to focus on that."

RUTH DAVENPORT/METRO



## HALIFAX ON CRUISE CONTROL

A ray of sunlight illuminates a sailboat as it heads past the cruise ship Crystal Symphony, which was one of four ships in port for the day on Tuesday. Overall, 45 cruise ships are scheduled to dock in Halifax in September. JEFF HARPER/METRO

What does your freedom look like?  
Turn to page 7.







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Spending scandal

## MLA's fraud trial to begin in June

Trial dates have been confirmed for Dartmouth North MLA Trevor Zinck who faces charges in Nova Scotia's constituency spending scandal.

Ten days have been set aside for the trial, which is scheduled to begin June 10 next year in Nova Scotia Supreme Court.

Zinck's lawyer Lyle Howe was in court Tuesday to confirm the dates, which had been tentatively set during a hearing earlier this month. Zinck is charged with theft over \$5,000, fraud over \$5,000 and breach of trust.

The independent MLA was one of four politicians charged in February 2010 after an RCMP investigation. **THE CANADIAN PRESS**



Trevor Zinck METRO FILE

Hit at a crosswalk

## Teen seriously injured in crash

A 19-year-old man is in hospital with life-threatening injuries after being hit by a car at the intersection of Pleasant and Carleton streets in Dartmouth. The driver, a 56-year-old man, stopped immediately, police say, and wasn't injured.

Paramedics rushed the victim to hospital with injuries police described Tuesday as being life-threatening.

There's been no decision on what, if any, charges will be laid. **METRO**



Finance Minister Maureen MacDonald on Tuesday delivered the first fiscal update for 2012-2013 since the Nova Scotia government released its spring budget. **ANDREW VAUGHAN/THE CANADIAN PRESS**

# \$249M deficit expected for N.S.

## Balancing the books. Finance minister includes Halifax convention centre as reason for jump

Nova Scotia's finance minister said Tuesday that the province's deficit will grow by \$38 million, due largely to the deferred accounting of federal funding for a new convention centre and a drop in corporate profits.

Maureen MacDonald delivered the first fiscal update for 2012-2013 since the government released its spring budget, which promised to balance the books by next spring despite a deficit fore-

cast of \$211.2 million.

MacDonald said the province was still on course to balance the budget even though it is now forecasting a deficit of \$249.3 million — an increase of \$38.1 million.

"I invite everybody to the legislature in the spring to see the budget and we'll know when it gets tabled," she said when asked if she would deliver a balanced financial budget.

"We have a plan. So far, we are on track with that plan."

MacDonald said the higher deficit was mainly driven by the deferral of \$36.6 million in federal funding for a new convention centre in Halifax. She said that money has been received, but that

Criticism



"This to me in living colour is what's wrong with the way this government manages our economy."

Tory Leader Jamie Baillie

the contract requires it be accounted for when the centre is nearing completion.

MacDonald, who gave her first fiscal update since becoming finance minister in May, said that is expected to be in 2015.

The forecast was also af-

ected by a \$10.9-million drop in projected growth in corporate profits. MacDonald said that was due to delays in the planned startup of the NewPage Port Hawkesbury paper mill in Cape Breton and the closure of the Bowater Mersey paper mill in Liverpool in June.

Progressive Conservative Leader Jamie Baillie panned the financial picture, saying the government is taking money from Education and Health to finance the New-Page deal.

Liberal finance critic Diana Whalen said the government has increased the deficit despite cutting education and health-care funding, and increasing taxes.

**THE CANADIAN PRESS**

On the web



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# Halifax economy not as bad as you think, economist says

## City Matters.

Survey respondents glum about jobs, overall vibrancy



**RUTH DAVENPORT**  
ruth.davenport@metronews.ca

A new survey suggests HRM residents have the economic blues.

The 2012 City Matters survey, conducted for Metro Halifax and the Greater Halifax Partnership by MQO Research, shows a lukewarm response to questions about the state of the local economy.

"I was surprised that the numbers weren't better, given recent announcements like Ships Start Here," said Craig Wight, vice-president of research for MQO. "I appreciate it's about a year ago, but still, it's a pretty big announcement."

HRM got a mean ranking of 6.3 out of 10 for "having a vibrant economy," and 5.8 for job opportunities.

Wight says residents may

## Quoted

**"We're certainly seeing a high level of confidence among companies that are here setting up now and kicking the tires for the future, and delegations from around the world that are seeing Halifax as a great opportunity to do business."**

Fred Morley, Greater Halifax Partnership executive vice-president

be feeling some letdown in the wake of the announcement for the shipbuilding contract.

"The number of people feeling the economy would improve over the next year, shot from 12 per cent up to 40 when that announcement was made," he said. "Today, it's pretty well back to where it was pre-announcement."

Fred Morley, the Greater Halifax Partnership's executive vice-president, attrib-

utes the numbers to developments such as federal government job cuts and the relocation of hundreds of provincial government employees.

"People are hearing this and naturally thinking there must be fewer opportunities in Halifax," he said. "So it's affecting people's perception of the job market."

Morley says Halifax has a solid economy that has grown steadily over the last decade, avoiding the boom-and-bust cycle in other major Canadian cities. He says unemployment is below the national average, and the average wage just above the national rate.

"I go back to where we might have been five or six years ago," he said. "There weren't a lot of building cranes in Halifax, and you can count almost 30 these days. So we are seeing some tangible differences in our own economy."

The poll surveyed 603 HRM residents during the first two weeks of September, with a margin of error of plus or minus four per cent.



Haligonians don't rate HRM's economy as all that vibrant, the City Matters poll shows. METRO FILE

## Big-ticket industries on track for good year

Members of the local car-sales and real-estate industries say business is healthy and they're expecting a good year.

Eight per cent of respondents to the City Matters survey say they plan to buy a new home in the next year, and 15 per cent plan to lease or buy a new vehicle.

The numbers seem low, but the executive vice-president of the Nova Scotia Automobile Dealers Association says they're realistic.

## Slow summer no hindrance

- Matt Honsberger, regional director for the Nova Scotia Realtors Association, says activity slowed over the summer, but 2012 is on pace to be significantly ahead of 2011.

"People will normally keep their vehicles for four to five years, so ... if 20 per



Vehicles pack the car lots along Kempt Road in Halifax on Tuesday. JEFF HARPER/METRO

cent of people are actually planning to look at a new vehicle, that's probably

where it should be," said John Sutherland.

Sutherland says 2012 is expected to be a "banner year" nationally, and local sales won't be far behind.

Matt Honsberger, the Nova Scotia Realtors Association's regional director, also says the numbers reflect a pretty typical year, when 10 to 12 per cent of the population is expected to change homes.

He says the first half of 2012 was significantly busi-

er than usual and attributes some of the activity to the shipbuilding contract.

"Spryfield is a good example of one of the neighbourhoods that's up significantly in terms of units sold this year," he said. "Those are areas that are still affordable but a close enough commute to the shipyards that everyone's thinking they might be areas that take off as the contract comes to fruition."

RUTH DAVENPORT/METRO

## More to come this week



- **Wednesday:** Economy
- **Thursday:** Downtown development, health care
- **Friday:** City living
- Visit [metronews.ca](http://metronews.ca) for all the stories published this week for the survey

Rate your city on the following items using a scale of one to 10, with one meaning 'very poor' and 10 meaning 'excellent.'

## Job opportunities

**5.8**

## Having a vibrant economy

**6.3**

In the next 12 months, are you planning to buy a new home?

**8% Yes**

**89% No**

**3% Don't know/refused**

In the next 12 months, are you planning to renovate your home?

**29% Yes**

**66% No**

**4% Don't know/refused**

Approximately how much are you planning to spend on the renovation? Mean price: \$20,318

In the next 12 months, are you planning to buy or lease a new car or truck?

**15% Yes**

**81% No**

**4% Don't know/refused**

In the next 12 months, are you planning to take a vacation away from home?

**70% Yes**

**25% No**

**5% Don't know/refused**

In the next 12 months, are you planning to buy new electronics for your home?

**34% Yes**

**57% No**

**9% Don't know/refused**



## Open-data pilot. HRM getting with program to provide info online

The Halifax Regional Municipality has followed suit and joined dozens of other Canadian cities in providing data to the public online.

Halifax regional council unanimously approved an open-data pilot project Tuesday that will see geographical data posted online free of charge, a staff report said.

"This is so good for the local economy, so let's get on with it," said Coun. Jennifer Watts, mentioning that small businesses will be able to take the information "and run with it."

Residents will be able to access the data in the next few months, as soon as a third-party develops a website to host the data catalogue, the report said.

According to the report, initial data will include street networks, transit scheduling, community boundaries, trails and waste-collection areas, among other things.

To encourage its use, an open-data application contest will be held in the next several months "to inspire the



Coun. Jennifer Watts METRO FILE

development of innovative, interesting, and user-friendly applications using HRM's data," a news release said.

The report said the pilot project can be implemented with existing staff and so will not cost anything, but \$25,000 was approved for the contest.

Other Canadian regions that are already pursuing open-data initiatives include Toronto, Ottawa, Vancouver and Edmonton.

ALY THOMSON/METRO

## Public transportation. More transit buses coming to HRM in 2014

Metro Transit is set to beef up its fleet once again.

Halifax regional council has approved early funding for the purchase of 19 12-metre buses to the tune of \$8.62 million.

The early funding approval is needed because the process of purchasing the buses takes longer than a single budget year, the staff report said.

The report anticipates the new buses will hit the road in Feb. 2014.

It will be up to the new

### Articulated buses

20

This fiscal year, Metro Transit will get 20 more 18-metre articulated buses as part of a three-year price agreement for conventional buses.

council to determine their use as part of the municipality's service plan for next fiscal year; however, the report anticipates that 10 of the buses will replace the aging fleet. ALY THOMSON/METRO



## Council passes new \$500K heating system for city hall

A worker concentrates on the exterior of Halifax City Hall as renovations continue. On Tuesday, Halifax regional council approved a \$500,000 project to replace the heating-and-cooling system in the building. The work should be completed in the next few months. JEFF HARPER/METRO

# Million-dollar oval upgrade approved

**Infrastructure.** Emera Oval will eventually be utilized year-round for recreational, sport and cultural events

### Quoted

"This is going to get the site as ready as possible."

Coun. Jennifer Watts



ALY THOMSON  
halifax@metronews.ca

Downtown Halifax's skating oval should be bustling with construction crews over the next several weeks after council approved a million-dollar upgrade at Tuesday's meeting. Halifax regional council

gave Chester-based Turf Masters the go-ahead for the \$1.08-million project, which will see improvements to the common and plaza areas.

The work calls for sod and shrubs to be laid as well as lamp installations, the staff report said. Concrete walls and a sidewalk along Cogswell Street will also be constructed, it said.

The project was approved by a landslide, with only one councillor, Gloria McCluskey,

voting against the upgrades. McCluskey said the money would be better spent upgrading Dartmouth arenas.

"I'm not supporting spending one more penny ... on this oval," said McCluskey. "We must remember ... that there are kids in Dartmouth who can't even afford to take the bus to get to the oval."

But Coun. Dawn Sloane argued that residents from all over the municipality use

the Emera Oval, mentioning that she's talked to people from as far as Yarmouth who have dropped in to carve their skates.

The project will also include site preparation for the construction for the Oval plaza and a support building, both of which have been approved in 2012-13 capital budget.

According to the report, work will begin in about a week and should be completed in time for the skating season.

Funding for the project is being drawn from both the city's park upgrades and community events venues budget funds.



## Taking Steps Towards a Cure.

Light the Night is an annual walk and fundraising event- a night of solidarity and hope. This event supports people battling blood cancer and paying tribute to those claimed by it. Friends, families and supporters gather holding illuminated balloons- red for supporters, white for survivors and patients and gold to remember lost ones.

**Our mission is to cure leukemia, lymphoma, Hodgkin's disease and myeloma and improve the quality of life of patients and their families.**

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## Income threshold

Cost evaluations  
of long-term care  
changing in N.S.

Nova Scotia is spending \$3 million in order to reduce the cost of accommodation for people in long-term care.

Premier Darrell Dexter announced on Tuesday that the cost of accommodating one person in long-term care will be based on 40 per

cent of a couple's combined income.

It is now based on half of a couple's income.

The provincial government says between 700 and 1,000 couples may benefit from the change.

The government is also increasing the amount a couple can earn before they have to pay for their accommodation.

The spousal income threshold will increase from \$18,064 to \$20,000.

THE CANADIAN PRESS



Darrell Dexter METRO FILE

## Outstanding warrants

Another name off  
the wanted list

A fifth man wanted on an outstanding-warrant list has been nabbed. Halifax police say Michael Jose Barbosa Mason was arrested by Cape Breton Regional Police on Sept. 8. There were nine wanted people on the High Risk Enforcement Action Team Outstanding Warrant List released on May 8. THE CANADIAN PRESS

## No way to know

Coyote trapped  
may not be the one  
that attacked teen

There is one less coyote roaming around the Cape Breton Regional Municipality.

Andrew Pyke of the Department of Natural Resources confirmed a coyote was located in a trap in an outlying area of New Waterford Monday morning.

He said there is obviously no way to determine if this coyote, or any subsequently trapped coyote, is the one that recently attacked a teenager.

On Sept. 17, DNR officials were contacted about a 16-year-old girl who is believed to have been attacked by a coyote Sept. 14 on the train tracks near Breton Education Centre.

The girl, who lives in the area, received significant scratches to her face.

CAPE BRETON POST

# 'We were thrown under the bus'



Members of Nova Scotia's Electoral Boundaries Commission, from left, Barbara Feeney, James Bickerton and Rustum Southwell arrive at a news conference in Halifax on Tuesday. The commission released a report recommending which minority ridings should be merged. ANDREW VAUGHAN/THE CANADIAN PRESS

## Riding changes.

Electoral Boundaries  
Commission member  
accuses province of  
interference, rejects  
latest report

ANDREW  
RANKIN

andrew.rankin@metronews.ca

Nova Scotia's Electoral Boundaries Commission is recommending that the province's four designated minority ridings should be merged with other constituencies to ensure electoral fairness.

But one of its members refused to accept the report Tuesday, lashing out at the province for interfering in what he said was supposed to be an independent process.

"I felt that we were thrown under the bus," said Paul Gaudet. "The recommendations are not the recommendations of the commission that they have in the final report, but the position of government using the commission as a smokescreen to impose its will."

In June, the commission recommended that each of the four ridings encompassing African Nova Scotia and Acadian residents be left alone.

But Premier Darrell Dexter ordered the commission to go back to the drawing board, saying its mandate included making sure all ridings were

## Recommendations

- The 113-page report recommends that the province investigate alternative ways for African Nova Scotians and Acadians to be represented in the legislature.

within 25 per cent of the average number of voters — about 13,000.

Preston as well as Clare, Argyle, and Richmond did not meet that threshold.

The report calls for Preston to be renamed Dartmouth-Preston. The new boundary will extend southwest to include Cole Harbour and Dartmouth East.

The commission also recommends a legislature with 51 MLAs, down from the current 52. The report also includes two new HRM seats: Fairview-Clayton Park and Sackville. Cape Breton would lose one jurisdiction — Cape Breton Nova.

Panel member James Bickerton wasn't as blunt as Gaudet in his criticism over the government's involvement in the process. But when asked whether it tainted the work of the commission he said, "Of course, it's a limitation."

Though the commission's report included heavy consultation with residents, commission chair Teresa MacNeil anticipated that its recommendations would be met with some disappointment.

## Changes to boundaries may violate charter: Adams

An African Nova Scotian political icon says the province could be in violation of the Charter of Rights and Freedoms if it tampers with four minority jurisdictions, including his former riding of Preston.

"My suggestion is that the provinces comply with the Charter and Rights and Freedoms so as to not impose its unfair will," said Wayne Adams, the first black person elected to the Nova Scotia House of Assembly and ap-

pointed to cabinet.

In June, the Electoral Boundaries Commission initially advised that each jurisdiction be left alone for the sake of better minority representation. But Premier Darrell Dexter ordered the commission to go back to the drawing board, saying its mandate included making sure all ridings were within 25 per cent of the average number of voters — about 13,000.

Though Adams hadn't had time to study Tuesday's report, he said the charter clearly

## Quoted

**"The numbers are not important, according to the constitution."**

Wayne Adams, the first black person elected to the Nova Scotia House of Assembly

states that electoral boundaries can't be decided solely on population count.

"Why are they paying attention to the numbers?" he said. "The numbers are not import-

ant according to the constitution."

Adams said he wouldn't comment further on the proposed boundary change to his old riding until he had a chance to break down the report.

But he did take aim at the commission's other recommendation to reduce the legislature by a seat, to 52 from 51.

"That doesn't make a lot of sense; why would you go through the trouble?"

ANDREW RANKIN/METRO



Wayne Adams / THE DAILY NEWS/FILE





President Barack Obama addresses the 67th session of the United Nations General Assembly Tuesday in New York City. More than 120 prime ministers, presidents and monarchs are gathering this week at the UN for the annual meeting. MICHAEL NAGLE/GETTY IMAGES

# Tackle thorny issues, Obama tells world leaders at UN

**Speech.** U.S. president spoke on Iran's nuclear program, violence in Syria and the tensions that come with freedom of speech

U.S. President Barack Obama challenged the international community Tuesday to confront the causes of turmoil in the Middle East, saying the world faces "a choice between the forces that would drive us apart and the hopes we hold in common."

Obama's speech to an annual gathering of world leaders at the UN General Assembly was his last before the November election, and campaign politics shadowed

## On the Syrian crisis

**"The future must not belong to a dictator who massacres his people."**

U.S. President Barack Obama arguing the regime of Syrian President Bashar Assad must come to an end

his words.

The president condemned the amateur anti-Muslim video made in the U.S. that helped spark the recent protests that killed dozens of people, calling it "cruel and disgusting."

But he strongly defended the U.S. Constitution's guarantee of the freedom of expression, "even views that we profoundly disagree with."

Running through Obama's speech was the theme that leaders in the Muslim world also should stand up for freer speech and oppose those who vent their anger with violence.

"There are no words that excuse the killing of innocents. There is no video that justifies an attack on an embassy. There is no slander that provides an excuse for people to burn a restaurant in Lebanon or destroy a school in Tunisia or cause death and destruction in Pakistan," Obama said.

On Iran's nuclear program, Obama said there is "still time and space" to resolve the issue through diplomacy, but he said that time is not unlimited. THE ASSOCIATED PRESS

## Egypt vigilantes

### 3 Islamists jailed for 15 years

An Egyptian court has convicted three Islamists of killing a student in June as he sat in a park with his fiancée, sentencing them to 15 years in prison. Security officials said three bearded men argued with Ahmed Hussein Eid, 20, for loitering with a woman who was not his wife. One stabbed him. THE ASSOCIATED PRESS

## Israeli rabbi

### iPhones too hot to handle?

An influential ultra-Orthodox Israeli rabbi has ordered his followers to burn their iPhones, the latest in a campaign to encourage its members to keep the outside world — and specifically the Internet — at bay. The decree by Rabbi Chaim Kanievsky, 84, came ahead of Judaism's holiest day, Yom Kippur. THE ASSOCIATED PRESS

## Strange bedfellows. Romney finds unlikely ally in Clinton

Republican presidential hopeful Mitt Romney joked that he hopes to get an election-year "bounce" from an unlikely ally — former president Bill Clinton, a Democrat, who introduced Romney before Romney's speech Tuesday to Clinton's annual global conference in New York. Clinton had praised Romney's support for the AmeriCorps volunteer service program. THE ASSOCIATED PRESS



Former U.S. president Bill Clinton introduces Mitt Romney in New York Tuesday. THE ASSOCIATED PRESS

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## Click, you're outed. Top websites passing on your info, says privacy chief

Some leading Canadian websites are inappropriately passing users' personal information to third-party sites such as advertising firms, says the federal privacy watchdog.

The information includes names, email addresses and postal codes — apparently without consent and possibly in violation of federal privacy law, privacy commissioner Jennifer Stoddart said Tuesday.

Research commissioned by Stoddart's office turned up concerns with about one-quarter of the 25 shopping, travel and media sites tested.

For instance, when people signed up online to receive promotions from one shopping site, their email address,

### Quoted

**"Our research serves as a wake-up call to all online services."**

Jennifer Stoddart,  
federal privacy watchdog

username and city were disclosed to marketing firms and companies that measure website usage, the office said.

In another case, a "well-known Canadian media site" handed over usernames, email addresses and postal codes to a content-delivery and marketing service, an advertising network and a news-content provider.

THE CANADIAN PRESS



Some websites may be breaking privacy laws by passing on users' personal information, says the federal privacy chief. ADAM BERRY/GETTY IMAGES FILE PHOTO

### Not the U.S. strain

## New swine virus found in Ontario

Ontario has found a case of an infection with a new swine-flu virus — in a man who worked with pigs.

The infection was caused by an H1N1-variant virus, but it's not the swine flu virus that has been jumping from pigs to people in the U.S. this summer.

That virus, an H3N2-

variant, has caused 305 infections this year in the U.S.

Dr. Arlene King, Ontario's chief medical officer of health, said the new patient, a man, is being treated in a hospital in southwestern Ontario.

She did not indicate whether it is a precaution or because he is seriously ill.

"It's likely an isolated occurrence," she said.

THE CANADIAN PRESS



Safely out of his underground trap, PotashCorp electrician Darwyn Wirth beams as he speaks to the media after being rescued Tuesday night.

DAVID LIPNOWSKI/THE CANADIAN PRESS

# He deserves a beer

**Miners saved.** After spending a day trapped a kilometre underground, Darwyn Wirth has just one plan for the future

After spending a day trapped underground by a fire at a Saskatchewan potash mine, electrician Darwyn Wirth knew exactly what he wanted to do.

"I think I'm going to go and have a cold beer," he told reporters shortly after he and 19 of his colleagues were brought safely back to the surface.

The blaze broke out at about 2 a.m. Tuesday when a large wooden cable spool started burning at PotashCorp's Rocanville mine,

about 244 kilometres east of Regina.

There was no panic, said the miners, who immediately headed to four separate refuge stations scattered throughout the facility.

"We have an alarm system with loud bells and flashing red lights, and you immediately go to a refuge station and call the control room so they know where you are," Wirth said.

It took about 10 hours to extinguish the fire, but it took several more hours for crews to determine it was safe to bring the workers up.

"It's a matter of cooling the area down and ventilating the air," said Bill Cooper, spokesperson for PotashCorp.

"There's kilometres of tunnels underground and, just the way the ventilation system works, it's got to clear all that out. The air quality's got

### When lives are in danger underground

The Rocanville mine is about a kilometre below ground, and tunnels from the main shaft spread out horizontally for about 16 kilometres. But Rocanville is not the first Saskatchewan fire emergency.

- **Alarm.** In Jan. 29, 2006, 72 miners survived a fire at Mosaic's potash mine in Esterhazy.

- **Action.** When heat from a cutting torch ignited a fire, the 72 miners on shift were able to retreat to refuge rooms sealed off from the toxic smoke.

- **Survival.** After 30 hours, all miners were brought to the surface without so much as a cough, company officials said.

to be at a point where it's safe to take people to the surface."

So the miners sat and waited at the refuge stations.

The rooms are comfortable, though not really posh.

"There's no place to sleep," said Wirth, who laughed when told another group had passed the time by playing cards. "We didn't have a deck

of cards. We really would have liked a deck of cards."

Twenty-nine men were trapped but nine of them were brought up earlier.

There are four mine rescue teams at Rocanville, each with five people. "There are a few more challenges than, let's say, a house fire," said Cooper. THE CANADIAN PRESS



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In this photo taken last Sunday, masked Somali pirate Abdi Ali walks past a Taiwanese fishing vessel that washed up on shore after the pirates were paid a ransom and released the crew in the once-bustling pirate den of Hobyo, Somalia. With many attacks aborted and ransoms much smaller the heyday of Somali piracy may be over. FARAH ABDI WARSAMEH/THE ASSOCIATED PRESS

# Plunge in piracy leaves Somali pirates idle

**Global effort.** Better communication, armed guards and onshore raids have broken down criminal networks

The empty whiskey bottles and overturned, sand-filled skiffs littering this once-bustling shoreline are signs the heyday of Somali piracy may be over. Most prostitutes are gone and the luxury cars repossessed. Pirates while away their hours playing cards or catching lobsters.

"There's nothing to do here these days," said Hassan Abdi, who taught English in a private school before turning to piracy in 2009. "The hopes for a revitalized market are not high."

Armed guards aboard cargo ships and an international naval armada that carries out onshore raids have put a huge dent in piracy and might even be ending the scourge.

While experts say it's too early to declare victory, the numbers are startling: In 2010, pirates seized 47 vessels. This year they've taken five.

For a look at the reality, an Associated Press team from the capital, Mogadishu, travelled to the pirate havens of Galkayo and Hobyo, a coastal town considered too dangerous for Western reporters since the kidnappers have turned to land-based abductions. There they found pirates who once owned vast villas living in darkened, unfurnished rooms.

## Stats

- Somali pirates hijacked 46 ships in 2009 and 47 in 2010 (Source: European Union Naval Force)
- At the height of Somali piracy, pirates held more than 30 ships and 600 hostages at a time.
- Ransoms for large ships have averaged close to \$5 million. The largest reported ransom was \$11 million.
- The UN says 1,045 suspected or convicted pirates are being held in 21 countries.

Abdirizaq Saleh, who once had bodyguards, maids and the attention of beautiful women, is now hiding from creditors in a dirty room filled with dust-covered TVs. "Ships are being held longer, ransoms are getting smaller and attacks are less likely to succeed," said Saleh.

Lt.-Cmdr. Jacqueline Sherriff, a spokeswoman for the European Union Naval Force, attributes the plunge in hijackings to improved international military efforts — European, American, Chinese, Indian, Russian. In May, after receiving an expanded mandate, the EU Naval Force destroyed pirate weapons, equipment and fuel on land. "We have witnessed a significant drop in attacks in recent months. The stats speak for themselves," said Sherriff.

THE ASSOCIATED PRESS

# Khamenei posters rattle Iraq's independence

After years of growing influence, a new sign of Iran's presence in Iraq has hit the streets. Thousands of signs, that is, depicting Iran's supreme leader smiling to a population once mobilized against the Islamic Republic in eight years of war.

The campaign underscores widespread doubts over just how independent Iraq and its majority Shiite Muslim population can remain from its eastern neighbour, now that U.S. troops have left the country.

The posters of Grand Ayatollah Ali Khamenei first appeared in at least six Shiite neighbourhoods in Baghdad and across

Iraq's Shiite-dominated south in August, as part of an annual pro-Palestinian observance started by Iran.

"When I see these pictures, I feel I am in Tehran, not Baghdad," said Asim Salman, a 44-year-old Shiite. "Authorities must remove these posters, which make us angry."

Sheik Ali al-Zaidi, a senior official with the militia, said some 20,000 posters of Khamenei were distributed across Iraq. He said Khamenei "enjoys public support all over the world" including Iraq, where he "is hailed as a political and religious leader." THE ASSOCIATED PRESS



In this Sept. 16 photo, a poster depicts Iran's supreme leader Ayatollah Khamenei, right, and Ayatollah Mohammed Sadiq al-Sadr, late father of the radical anti-U.S. cleric Muqtada al Sadr, in Baghdad. Thousands of signs depicting Khamenei have been posted in Shiite neighbourhoods across Iraq. KARIM KADIM/THE ASSOCIATED PRESS

## Avalanche. Permits to climbers rejected by China, say agencies

The climbers killed in a weekend avalanche in the Himalayas were part of a crush of mountaineers who came to the slope because of heightened tensions between Chinese authorities and Tibetans.

China rejected climbing permits for mountaineers hoping to scale peaks in the Tibetan Himalayas, forcing many to crowd onto mountains in Nepal, according to alpine companies.

About 30 teams were registered to climb Mount Manaslu, a 50 per cent increase over last year, said Ang Tshering, who runs the popular Asian Trekking agency in Nepal.

About two dozen climbers were sleeping at a camp high on the mountain early Sunday when the avalanche swept over them. Rescuers have so far brought down the bodies of eight victims — four French, one each from Germany, Italy and Spain, and a Nepali guide.

Among those still missing is Quebec heart specialist Dominique Ouimet, 48, who was on an expedition to raise money for patients in a hospital in St-Jerome, north of Montreal.

Tibet is a sensitive area for China, which sometimes limits access for foreign tourists. It has also restricted the number of permits issued to climbers, and even stopped issuing them in 2008 while Chinese climbers took the Olympic torch to the top of Mount Everest before the Beijing Games.

Relations between Tibet and the Chinese government have been volatile this year, as many Tibetans set themselves on fire to bring attention to what they say is their suffering under China's repressive policies. China claims Tibet has always been Chinese territory, but most Tibetans say the Himalayan region was independent for much of its history. THE ASSOCIATED PRESS

THE NEW 2013 **ILX**

It's okay to stare.

ILX Tech model shown with Aero Kit Package.

**ACURA**

## Manik Farm

### Tamils relocated after camp closed

The United Nations welcomed the closure of the Manik Farm camp for war-displaced Tamil civilians in northern Sri Lanka, but expressed concern about hundreds of people unable to return home because their land is occupied by the military. The UN said 346 people from 110 families were relocated while they await confirmation of whether they will be allowed to return to former homes. THE ASSOCIATED PRESS

## Roma camps

### Child-trafficking ring busted in Paris

Eleven people have been detained in France after police raids on Roma camps uncovered what prosecutors described as a trafficking ring that forced dozens of children to steal and beg at tourist sites in Paris.

Three others were arrested in Romania, the Paris prosecutor's office revealed Tuesday. Two hundred police raided three camps. THE ASSOCIATED PRESS

## Autopsy results

### Bodies killed in Russian plane crash switched

Polish military prosecutors said Tuesday that autopsies have confirmed the bodies of two people — Anna Walentynowicz, a legendary figure of Poland's Solidarity movement, and an unidentified female victim — killed in a 2010 plane crash in Russia, which also killed the Polish president — were switched, and buried in the wrong graves.

THE ASSOCIATED PRESS



# Canadians spend thousands on impulse buys: Survey

**Emotional shopping.** Sixty per cent of those polled admit they buy to cheer themselves up

A majority of Canadians surveyed by the Bank of Montreal say they shop to cheer themselves up and mood-lifting impulse purchases cost Canadians \$3,720 annually.

The Bank of Montreal poll found that 59 per cent of those

surveyed did impulse shopping and bought items like clothes and shoes and also treated themselves to eating out.

"We're really struggling to save money on a monthly basis," said Janet Peddigrew, district vice-president of mid-western Ontario at BMO.

Consumers have been spending more than they've been saving over the last 10 years, which is cause for concern, Peddigrew said.

"Those who answered the survey, the majority, said they

## Buyer's remorse

- The survey found more than half of respondents regretted their purchases and 43 per cent sometimes spent more than they earned in a month.

would do it to cheer themselves up," she said.

The survey found that 60 per cent of Canadians did this kind of emotional shopping and 55

per cent bought something they might not need because it was on sale. On average, that amounts to \$310 a month being spent on items that are wanted but not needed.

Those surveyed believed they could save two-thirds of that amount if they made an effort to limit impulse spending, the bank said.

The online survey was conducted by Pollara and interviewed 1,000 adults between Aug. 31 and Sept. 5.

THE CANADIAN PRESS



Canadians spend an average of \$310 per month on items that are wanted but not needed, according to a new poll. PETER MACDIARMID/GETTY IMAGES

## Financial planning

### Feds hope new toolkit will help consumers manage money

Ottawa believes Canadians might need a little assistance in how they spend and save. The federal government has released a financial toolkit that it says can help Canadians make sense of everyday financial questions.

The toolkit, available online at fcac-acfc.gc.ca and in printed form, includes

worksheets, quizzes, questionnaires, case studies and educational videos to educate Canadians on making rational, responsible money decisions. It was created in partnership with the Financial Consumer Agency of Canada, the Investor Education Fund and l'Autorité des marchés financiers.

The toolkit is part of the government's efforts to promote financial literacy and follows months of warnings from the Bank of Canada and the finance minister about record high levels of consumer debt. THE CANADIAN PRESS

## BB10. RIM demonstrates new operating system

Research In Motion is showcasing its new BlackBerry 10 operating system, saying it will launch a new era in mobile computing.

RIM chief executive Thorsten Heins says the new platform and accompanying smartphone — on schedule to be launched early next year — will almost have the processing power of a laptop.

The company's future is riding on the success of BlackBerry 10 and its new phones after suffering two major delays that have pushed back the release date.

Heins was showing how the new operating system works at the BlackBerry Jam

Americas conference in San Jose, Calif. He says it will separate a user's personal and corporate information and both sets of information will be encrypted and fully secure.

The new BlackBerry Messenger instant text service will allow a user to type in more than one language in the same sentence. The demonstration smartphone was being used with one hand and allowed its user to easily manipulate the touchscreen with a finger.

RIM has already lost significant market share due to delays in bringing out its new generation of BlackBerry devices. THE ASSOCIATED PRESS

## Economic indicator

### U.S. consumer confidence climbs

U.S. consumer confidence jumped this month to the highest level since February, bolstered by a brighter hiring outlook.

The Conference Board said Tuesday that its consumer confidence index rose to 70.3. That's up from 61.3 in August, which was revised higher. And it's the highest reading since February, when the economy added 259,000 jobs.

THE ASSOCIATED PRESS

## Market Minute

**DOLLAR**  
101.98¢ (-0.19¢)

**TSX**  
12,257.18 (-56.36)

**OIL**  
\$91.73 US (-\$0.56)

**GOLD**  
\$1,766.40 US (+\$1.80)

**Natural gas:** \$2.924 US (+8.7¢)  
**Dow Jones:** 13,457.55 (-101.37)

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ILX Tech model shown with Aero Kit Package.



# WAKE UP AND SMELL GLOBAL WARMING



**JUST SAYIN'**  
Paul Sullivan  
metronews.ca

It's going to be tougher to bring home the bacon next year, thanks to global warming. According to the National Pig Association, a U.K. trade group, there will be a world shortage of pork and bacon next year as farmers stop raising pigs as the price of feed will skyrocket because of the drought in the U.S. Midwest this year.

The association, which I was disappointed to learn is not a group of talking pigs but a more conventional organization of farmers, believes there could be a 10 per cent reduction in the pig supply, which means prices will double.

## Bacon pride

Ironically, this comes at a time when bacon is undergoing a renaissance. It's everywhere! You can spread bacon jam on your toast tomorrow morning or you can wait until lunch to chow down on the Baconator from Wendy's: Six slices of bacon along with two beef patties, two slices of cheese and a heart attack (bonus!).

But you'd better hurry. The bacon window is closing.

Maybe this is not such a bad thing. I've been feeling guilty ever since Charlotte saved Wilbur in that classic of my childhood, Charlotte's Web. Not that it kept me from my Baconator ways. I've never met anything that doesn't taste better than a slice of bacon. Except maybe six slices of bacon.

But let's get real. Pigs are at least the smartest barnyard animal and are routinely ranked among the top 10 animals on or off the farm. They also get a bad rap on the hygiene front. They are habitually clean; they have to roll in the mud to stay cool because they have no sweat glands. You wouldn't eat any of the other brainiacs of the animal kingdom: whales, dolphins, elephants or apes, so why pick on pigs?

So, struggling with a guilty conscience and a looming, 100 per cent increase in the price of pork, I was already teetering on the brink when a vegan friend sent me this link to an adorable YouTube video featuring an adorable pig saving an adorable goat from drowning at a petting zoo. Search "pig saves goat" on YouTube and watch it. Warning: It's adorable.

"Some Pig!" as Charlotte would weave on her web. Maybe this global-warming thing is Mother Nature sending us a sign, too — back away from the bacon and repeat after me: Pigs are our friends.



If you love bacon, the tides are turning against you. JOHN MOORE/GETTY IMAGES

# Taiwan clashes with Japan



THE ASAHI SHIMBUN/GETTY IMAGES

## Territorial sprayings

### Water fight over disputed islands

Japanese coast-guard vessels fired water cannons at Taiwanese fishing boats after the commercial ships ignored warnings not to enter Japan's waters.

Ten surveillance ships from Taiwan that accompanied more than 50 vessels into waters around the Senkaku Islands retaliated with their own water cannons, agency reports say. **METRO**

## President's viewpoint



**"We stand up for our rights, and there should be no doubt about it."**

Taiwanese President Ma Ying-jeou, speaking to reporters on Tuesday. Ma praised the Taiwanese coast-guard vessels for escorting fishermen to assert their sovereignty over the disputed islands. Ma was quoted by sources as saying that "where there are our fishermen, that's where our coast guard will be."

## Conflict timeline

- **The Senkaku.** A group of five small islands in the East China Sea some 170 kilometres north of the Japanese island of Ishigaki. They are controlled by Japan but claimed by China (which calls them the Diaoyu) and by Taiwan (the Diaoyutai).
- **Sovereignty dispute.** Japan legally acquired the islands in the late 19th century, but China and Taiwan argue the islands historically belonged to Taiwan (which

China also claims as its own). Reports suggest that the Chinese claim to the islands gained prominence after a 1968 geological survey found possible oil and gas reserves in the area.

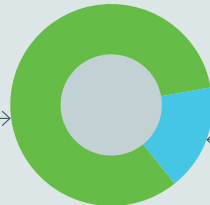
- **This year's tension.** Tokyo's government bought private islands from a Japanese family for development. Beijing says it's an act of provocation.
- **Now.** Protests have targeted the Japan embassy in Beijing and Japanese businesses in China.



Register at [metropolitanpanel.ca](http://metropolitanpanel.ca) and take the quick poll

Would you read a tell-all by Monica Lewinsky?

83%  
NO, I'M SO  
OVER THAT  
SCANDAL



17%  
YES, SOON AS  
I'M FINISHED  
MY FIFTY  
SHADES OF  
GREY



Twitter

@rosecousins:

Thank you Sam the Record Man. First store in Halifax and Toronto to sell my CDs. I remember the thrill.

@simonenorth:

You know you're in Halifax when Mark Critch casually walks by...

@nscoachrobinson:

If you want to know what "slow motion" feels like, tune into The Halifax Regional Council meeting

on EastLink TV

@ryanmhowell:

Is it just me, or does traffic around Halifax seem worse than usual this fall...

@AIDSWalkHalifax:

The AIDS Walk #Halifax top fundraising team this year was the gang from MAC Cosmetics. They raised around \$5600 & looked fabulous doing it!





ISTOCKPHOTO/THINKSTOCK

# 5 DELICIOUS WAYS TO SPICE UP YOUR LIFE

Ramp up the taste of the foods you eat with sweet, savoury and exciting flavours. Here are five to discover — and enjoy.

## PROVOCATIVE: DULCE DE LECHE

If you **have** a sweet tooth, a spoonful of creamy, rich Dulce de leche will make you **swoon**. Dulce de leche is made by **cooking** milk and sugar together until it **caramelizes**. **Make** it yourself (the most basic recipe **involves** simmering condensed milk) or buy a prepared Dulce de leche. **Enjoy** it slightly melted on warm pancakes or toast, drizzled over vanilla ice cream, or slathered over rich custard for **your** own messy version of crème caramel.



ISTOCKPHOTO/THINKSTOCK

## MYSTERIOUS: CHOCOLATE MINT

Fresh chocolate mint is best tasted with your eyes closed ... first, take a long deep **inhalation**, then put it into your mouth. The bright, fresh flavour of mint is **combined** with the full rich flavour of chocolate. This delicious herb, which

comes **from** the spearmint family and has a **purple** stem with green leaves, can be used **in almost** any recipe ... think brownies and **quick** breads or as a garnish on ice cream. **You** can even steep it in a cup of hot **water** or put it into the bottom of your **coffee** mug!

## HEIGHTENED EXPERIENCE: CHILI PEPPERS

Some like it hot ... and **that's where** chili peppers come in! **Chopped**, fresh chili peppers wake up **dishes** like chili con carne and **sandwiches** and wraps. The heat in a chili **pepper comes** from something called capsaicinoids, and there are so many different types **including** jalapeno and South American **chili** peppers, which are used in a spicy **salsa** called sofrito. And take note: **The best** way to ease the burning **sensation** is to drink milk or eat any dairy **product**.

## DISCOVERY: CINNAMON

Most people think of the fragrant and warm sweetness of cinnamon in apple crisp, doughnuts, warm Chai lattes and

other **treats**. But cinnamon is delicious in savoury dishes, too. For something completely **different**, add ground cinnamon to black beans **when** you make burritos or nachos, **and** for a Middle Eastern inspired meal, **sauté** lamb with eggplant, raisins and **cinnamon** sticks. Sweet!

## STIMULATE: GARAM MASALA

A dusting of Garam Masala on any dish adds a **rich bouquet** of flavours ... heat from **peppercorns**, complexity from nutmeg, **a touch** of lemon from coriander, and **a warm**, earthy taste from cumin.

**The Indian** spice blend often includes **cloves**, **cinnamon** and cardamom as well — there are **different** versions depending on the region. **Buy** it ready-made or make it **yourself**. The different spices are toasted and **then** ground together.

For a **delicious** change, add a little Garam **Masala** to vegetable sautés, soups and **stews**.

**You can** also use it as a dry rub for **meats** before grilling, and for an exotic **dessert**, add a little bit to pies or cookies.



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5 Gum. Stimulate Your Senses.

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2  
SCENE

## Not Short on versatility

**Interview.** Canadian star talks about new film *Frankenweenie*, working with Burton and doing an array of character voices

NED  
EHRBAR  
Metro World News

Martin Short first worked with Tim Burton in 1996's *Mars Attacks!* Given Burton's penchant for familiar faces — or voices — it's no surprise Short is back for *Frankenweenie*, voicing three very different characters in the stop-motion animation feature.

Martin says it's always nice to be asked back — as long as the director is any good at what they do.

**How is it being a part of Tim Burton's troupe, having a director say, 'I want you back?'**

Well, obviously if the director is horrible you say, 'Who cares?' But in Tim's case, you're honored, you're complimented. And we did really like each other. We like each other a lot.

**You don't hear a lot of bad things about Tim.**

Because of his position of power and his reputation of creativity, he would therefore be allowed to pull off being moody one day on the set. I once worked with a guy when I was early on, and he was fabulous for about two weeks and then one day I walked by and said hi and he just kept walking. His assistant came over and said, 'Oh, his therapist said he doesn't have to say hello if he doesn't need to.' Tim could be that guy, but I always see him, especially in a work situation, in a joyful, joyful state of mind. He's happy to be there.

**But behind all-black cloth-**



Martin Short voices three characters in the Tim Burton film *Frankenweenie*. GETTY IMAGES

**ing and sunglasses and the hair.** Well, that's his hair. And I think that he just likes black jackets.

**You voice three characters in this film, but your primary character — Victor's father — is pretty normal as far as characters go. Is that odd for you?**

I think if that were the only voice I was doing, I might — I would've done it anyway because it's Tim, I love Tim — but if it were not Tim, you kind of go, 'Well I don't know why you need me for this.' But I've always made sure in my specials over the years that there was one scene where I played myself to give the audience an understanding of that's who he is and these are the offshoots.

**How often during these press junkets are you reminded of your own celebrity interviewer**

**character, Jiminy Glick?**

Well you know, the misconception of Jiminy was that he was satirizing you guys, and he wasn't at all. He was satirizing morons with power. He could've been a congressman. We do see this all the time, and Washington is filled with these people, you know? They have staffs that are happy to get the job, just graduated from Yale and scared on the first day of work — and this is the guy they're scared of. So that's what struck me as funny. It wasn't about interviews.

**Which of your characters do people ask you to reprise the most often?**

It's very weird. I

remember I was doing a Broadway show a few years ago, *Fame Becomes Me*, and I would leave the stage door, and there are people with things for you to sign, you're signing things, and people call out a line. 'I want my pudding!' or something. And you get in the car and you go, 'What was that from?' And then you go to bed and about two in the morning — 'Oh, that's that special I did in '87!'

I think particularly in comedy and particularly with my stuff, if one finds it funny, because it's not known — like *Two and a Half Men* type of knowledge — you feel like you own it yourself, it's your thing. I mean, obviously people will talk about Franc, they'll talk about Jiminy, they'll talk about Ed Grimly or Jackie Rogers Jr.

You know, they'll talk about these characters that have been around for a while. But sometimes they'll go obscure. I did an episode of *Arrested Development*, and people come up and talk about Uncle Jack.

**Is Uncle Jack showing up again in the relaunch of the show?**

You know, I had dinner with Mitch Hurwitz about a year and a half ago and he said, 'We've got to get Uncle Jack back,' but no one's sent the script. Let's put it that way. But I loved that guy.

On the web



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Lindsay Lohan. ALL PHOTOS GETTY IMAGES

## Lohan released after brief hospital stay

Lindsay Lohan was rushed to the hospital in New York recently due to a pesky respiratory infection, according to TMZ, but she's not in any danger.

"Lindsay was treated and released and is doing fine," her rep insists.

Hoping to clear things up further, the troubled actress' dad, Michael Lohan, has released a statement:

"She got rid of (the infection) before she left for Atlanta to shoot Scary Movie,

### Quote

**"Lindsay was treated and released and is doing fine"**

Lohan's rep

but obviously she didn't get enough rest and it came back," he says.

"She's on antibiotics. This was more precautionary than a major medical issue."

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

### The Word



## Timberlake bringing the sexy back to MySpace



**THE WORD**  
Dorothy Robinson  
scene@metronews.ca

Are social media platforms like fashion? Wait long enough and pretty soon we'll be looking for them again in the deep recesses of our closet?

Well, guess who we might find back there next to the fanny packs and boot-cut jeans: Tom from MySpace.

Justin Timberlake invested in the faltering site in 2011 and has, apparently, been working hard on a revamp. On Monday, Timberlake tweeted a sleek new video of the site and,

dare I say, it looks amazing. If you've become tired of Facebook, with the ever-present spammy developments — not to mention Mark Zuckerberg's increasingly shady information sharing practices — the new MySpace might be a safe haven from the constant deluge of baby photos.

The new, clean interface looks like a mash-up of Facebook, Instagram, Pinterest, Spotify and Twitter, and focuses heavily on music (which Facebook could never do).

There are several other notable changes, like easy drag-and-drop interactivity for music sharing and ways to connect with other creative people who share similar interests.

Now, I just need to find the nerve to log back in when the new site finally launches — I'm terrified to see how many porn stars I've become friends with in my absence, as well as what my "mood" was in 2007.

### Twitter



@AlyssaMilano

Sigh... I wish I liked anything on my body as much as Christina Aguilera likes her boobies. Bless her and those boobies!



@katyperry

There's no place like Tokyo, there's no place like Tokyo, There's no place like Tokyo.



Arnold Schwarzenegger

## Schwarzenegger told wife about cheating before it leaked

Before news broke of Arnold Schwarzenegger's 14-year-old love child with housekeeper Mildred Baena, he confessed it himself to wife Maria Shriver — but only after she confronted him about it in therapy.

"The minute we sat down, the therapist turned to me and said, 'Maria wanted to come her today and to ask about a child — whether you fathered a child with your housekeeper Mildred,'" Schwarzenegger writes in his new memoir.

"I told the therapist, 'It's true.'"

According to the book, the therapy session took place in January 2011, four

months before he publicly admitted to fathering the child, whom he says was conceived during production of Batman and Robin.



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3  
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## Your putts will fall this season so swing into colour

**Golfing in splendor.**

Enjoy the changing of seasons by seeking out some of the sport's best colour-filled courses in Canada



**BRIAN KENDALL**  
canadiangolfttraveller.com

Canada's golf courses are always at their most spectacular during the fall. From Newfoundland to British Columbia, Canadian Golf Traveller explores five top fairway destinations perfect for savoring the sights, tastes and other opportunities of the season.

**Newfoundland**

Though gorgeous at any time of year, the wild and woolly setting of Newfoundland's Twin Rivers Golf Course is unmatched in autumn.

Situated at the southern end of Terra Nova National Park, 223 kilometres west of St. John's, the 6,546-yard layout by Doug Carrick and the late Robbie Robinson skirts the Atlantic Ocean before twisting through a boreal forest ablaze with colour and teeming with moose and bald eagles. Especially unforgettable is the 18th, a 175-yard par three played through the mist rising above a waterfall to a small green nestled in the forest.

**Annapolis Valley, N.S.**

Sheltered from the icy winds off the Bay of Fundy by the South Mountain, Nova Scotia's Annapolis Valley enjoys a longer autumn than almost anywhere else in the Mari-



Silver Creek Golf Course in Garden River, Ont., is among the top fall golf courses in Canada. HANDOUT

times.

Earthy harvest smells perfume the air as visitors journey past apple orchards and dairy farms to the Avon Valley Golf and Country Club, about an hour's drive west from Halifax. The tiny greens of this hilly course, near the town of Falmouth, demand surgically precise approach shots.

**Charlevoix, Que.**

Spectacularly situated on cliffs overlooking the mighty St. Lawrence River, the Fairmont Le Manoir Richelieu Golf Club is one of the jewels of Quebec's popular Charlevoix tourist region, east of Quebec City.

Canadian Shield outcroppings, pristine lakes, verdant Laurentian valleys and evergreen forests define

**Exclusively online****Where to find Brian online**

- **Online.** Follow Brian Kendall on twitter @cdngolfttraveller and visit his website, [canadiangolfttraveller.com](http://canadiangolfttraveller.com)

Charlevoix's astonishingly diverse landscape, which is at its most beautiful in autumn. The region is also a renowned culinary destination, with farms, restaurants and hotels focused on serving local food.

**Sault Ste. Marie, Ont.**

Autumn colour buffs annually flock to Sault Ste. Marie for the Agawa Canyon Train Tour, an unforgettable journey past foaming rivers and

spring-fed lakes deep into a northern wilderness turned crimson and yellow.

But golfers can enjoy similar scenery right in the city of 75,000 at the aptly named Crimson Ridge Golf Club. Designed by local son Kevin Holmes, the 10-year-old layout includes mature forests, a waterfall and numerous elevation changes. Most memorable of all is the par-five ninth hole (formerly the 18th), a dogleg offering a breathtaking view from the elevated tee of the city's downtown, the North Shipping Channel and northern Michigan.

Just as gorgeous is Silver Creek Golf Course, a demanding Arthur Hills/Steve Forrest and Associates design opened two years ago by the Garden River First Nation

on land just east of the city. Bear and deer are frequent visitors to a layout where many holes were carved through a dense forest of hardwoods and conifers.

**Okanagan Valley, B.C.**

From a desert of sagebrush and cactus to lushly forested mountain valleys and terraced orchards and vineyards, the Okanagan Valley offers an autumn golf season of striking visual contrasts.

The valley's top draw is Predator Ridge Resort, which sprawls across a 12,000-acre landscape of clear lakes, fast-rushing mountain streams and wheat grass meadows. There are two championship courses, including The Ridge, a Doug Carrick design that launched to rave reviews in 2010.

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# A vintage selection for a vacation

**Martha's Vineyard.** You don't have to be rich and famous to enjoy the Atlantic island's history and charm — but it certainly doesn't hurt

**CASSANDRA GARRISON**

Metro World News in New York

Historically, Martha's Vineyard is a blue-blooded summer spot, but the island is welcoming a new generation of jet-setting visitors.

Though the vineyard does remain the ideal escape for those who wish to rub elbows with the who's-whom of the Northeast, it's also relatively affordable in the offseason. (Note: We did say relatively.)

Explore cutting-edge culinary delights, a bustling shopping scene and stunning landscapes that will take your breath away at any time of the year.



## Where to stay

The Harbor View Hotel in Edgartown — one of the island's six charming towns — offers unparalleled waterfront views of the harbour and the Edgartown lighthouse. This 121-year-old Victorian-style hotel has all of the modern amenities we crave on vacation (late room service, plush robes, milk and warm cookies in the evenings), but gives off a regal Kennedy-like feel. The hotel offers 114 guest rooms and suites, each uniquely different, and eight spacious Captain's Cottages are available to rent or purchase if you really fall in love with the island. 131 North Water St., 508-627-7000

## How to get there

The island is easily accessible by boat and air, so you can spend less time in transit and more time relaxing. You'll fly from Philadelphia International to a connecting flight from Cape Air. Just don't be alarmed when the flight crew asks how much you weigh — you may be flying in a tiny propeller plane with about 10 other people.

If you have the time and don't mind travelling by sea, ferry service to the island is offered from N.Y.C., Highlands, N.J., New Bedford, Mass., Hyannis, Mass., Quonset Point, R.I., and several other East Coast cities.

## Where to dine

It's a sin to leave the Vineyard without indulging in a lobster roll. The traditional style of chilled lobster in a light mayo on top of a buttered roll is the favoured style of local seafood stands. Go to Faith's Seafood Shack and eat your delicious spoils on a bench at the nearby dock, or take them with you to the beach — if you can wait that long.

If you're looking to go the classier route (after all, to see and be seen in the vineyard is part of its flair), reserve a table at Water Street — the Harbor View Hotel's fine restaurant. And be sure to try the oysters and Chef Shaun Brian Sells' New England clam chowder with pork belly and chive oil.

Faith's Seafood Shack: 33 Aquinnah Circle (508) 645-4080  
Water Street: (508) 627-3761

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# Entertain this fall season without packing on those pesky calories

## Linguine Margarita



This recipe serves four. MICHELLE MORADI

Did you know that the average Canadian gains an extra seven to 12 pounds between Thanksgiving and New Year's Day? Hard to believe, isn't it?

Fret not as you plan your next dinner party because registered dietitian Luke Corey has come up with delicious healthy recipes to help you avoid packing on those calories and weight.

As the founder of Nova Scotia-based Complete Health and Nutrition, a nutrition consulting company dedicated to meeting the goals and objectives of clients through customized nutrition and healthy living programs, Corey knows a thing or two about healthy eating.

"Looking for a tasty way to add more vegetables to your diet?" asks Corey. "Try this fast and easy linguine recipe that's a total crowd pleaser."

"With tomatoes, onions and asparagus, this flavourful pasta dish will make you the host with the most this

holiday season.

"Keep portions under control by using smaller bowls, and cut calories by finding a low-fat Parmesan option."

1. In a large skillet, warm oil over medium-high heat. Add onion and asparagus and cook until asparagus is slightly soft and bright green, about 3 minutes. Add garlic and sauté 1 – 2 minutes until fragrant, being careful not to burn garlic. Remove with a slotted spoon to a plate and keep warm.

2. To the same skillet, add tomatoes and white wine. Cover and simmer over low heat until the tomatoes are softened, about 8 – 10 minutes. Return asparagus to skillet and add cream. Cook 2 – 3 minutes to meld flavours. Season to taste with pepper.

3. In a large pot, bring water to a boil. Add pasta and cook until al dente.

## Ingredients

- 2 tbsp (30 ml) olive oil
- 1/4 cup (60 ml) finely diced onion
- 1 lb (500 g) fresh asparagus, cut into 2 inch lengths
- 3 garlic cloves, finely minced
- 1 cup (250 ml) drained, patted dry, and coarsely chopped, oil-packed sun-dried tomatoes
- 3/4 cup (175 ml) dry white wine
- 1/4 cup (60 ml) low-fat whipping cream
- 3/4 lb. (375 g) dry linguine pasta
- 1/2 cup (125 ml) grated Parmesan
- 1/4 cup (60 ml) chopped fresh basil

Strain and place in a serving bowl. Cover with sauce and stir to combine. Top with Parmesan cheese, garnish with fresh basil, and serve.

RECIPE COURTESY OF LUKE COREY, BA(H), BSCAHN, REGISTERED DIETITIAN (RD)

## Drink of the Week

### Avoid drinking your calories this season

For an adult beverage, enjoy refreshing Cranberry Mimosas. At just 164 calories, they are delicious and don't damage your diet like many other cocktails can.

- 2 cups low-cal cranberry juice
- 4 oz champagne
- Fresh cranberries for garnish

Combine cranberry juice and champagne. Drop in few cranberries for garnish.

Those looking for an alternative to alcohol this holiday season should try Coca-Cola's portion controlled mini-cans. They are just under 100 calories — perfect for serving to guests.

LUKE COREY, BA(H), BSCAHN, REGISTERED DIETITIAN (RD)



KIM HAASAURO

## RECRUIT IN CANADA

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# GLOBAL EDUCATION

## VISIT THE STUDY AND GO ABROAD FALL FAIR

Study and Go Abroad Fair, Canada's largest international university expo, comes to Halifax for the first time on Sept. 30.

The Study and Go Abroad Fair, now in its 19th year, features top universities and student travel companies from around the world offering undergraduate and postgraduate programs, gap year options and adventure travel for students of all ages. A full program of information seminars on a range of exciting study and travel topics is scheduled throughout the day, starting at noon with "Australia — Future Unlimited," presented by Fareeda Chand from Austrade.



Top-ranked universities attending the Halifax expo include: Arizona State University; Royal Holloway, University of London; University College London; University of Groningen from The Netherlands; and University of Leeds. Medical schools from the Caribbean, the U.K. and Mexico will be attending the expo, as well as hospitality schools from Switzerland, arts and design schools from the U.S.A. and Italy, and a world-class culinary school from Ottawa.

Visitors who are planning a gap year or looking for other travel options can visit the travel pavilion and learn about volunteer programs, working abroad, language, travel, and adventure trips.

Seminar schedules and exhibitor profiles can be found online at studyandgoabroad.com, as can details of the grand prize draw. Prizes include an international flight on Air Canada, an iPad and two volunteer trips to exotic locations. Admission to the fair is free.

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Elizabeth Dorion  
Graduate  
Bachelor of Commerce in Management  
and Labour Studies  
University of Windsor

TalentEgg.ca

I graduated in the fall of 2010 with my degree in business. During university, I specialized in management and labour studies so that I would eventually be able to become a Certified Human Resources Professional. I took all the classes necessary to complete the first step to become a C.H.R.P. I had also volunteered in my university's career centre to gain some experience with resumés and interviewing. The same month of my graduation, I took the National Knowledge Exam. I passed the test and became a C.H.R.P. candidate. I thought I had taken all the right steps to gain entry into the human resources field. I began looking for jobs before I graduated and managed to gain an interview. I didn't get the job, but I kept on trying. I applied to jobs constantly, but I didn't hear back from most. I had a phone interview or an initial interview here and there, but I never heard back from them or they told me that someone else more qualified got the job. After a year and a half of not getting anywhere, the local Human Resources Professionals Associations (HRPA) chapter was offering a mentoring program. I quickly signed up to be a mentoree and I was assigned a mentor. I spent the next three months learning as much as I could about entering the field of HR and the field itself from my mentor. Since my last meeting and making the improvements to my resumé and cover letter, I have had three interviews. Once again, I didn't hear back from them or I wasn't quali-

fied enough. I am trying my hardest to become qualified but it is hard when no one gives you a chance.

### Where I am now

I am currently working as a full-time supervisor for the employer I worked for in university. I am still looking to enter the field of human resources. I regularly look on the job boards for positions in human resources that I qualify for. I am trying to maintain my LinkedIn profile. I keep in touch with my mentor.

### My advice for employers, career centres and schools

My recommendations for employers would be that if you see that someone is taking the steps to enter a career path, see it as an opportunity to help them grow their career in your company. If a person is going through so much to gain entry into the field, they will want to learn from you and they will give you their loyalty. If you are not sure if they will stay with your company after you train them, you can look at their past employment experiences or you can ask them what their future ambitions are. If you don't give someone a chance, they can't prove anything to you. My recommendations for schools would be in the final year of all programs, there should be a mandatory class where students will learn exactly what to expect in the job market and how to improve their chances. It can be a class that goes over cover letters, resumés, social media, job boards, networking, and anything that can be helpful to gain employment.

### My recommendations for students

Get into a co-op program or work as intern before you graduate to get experience. **TALENTEGG.CA, CANADA'S LEADING JOB SITE AND ONLINE CAREER RESOURCE FOR STUDENTS AND NEW GRADUATES, WANTS TO HEAR YOUR STUDENT VOICE. SHARE IT AT TALENTEGG.CA.**

# The guru of go-to

## Self evaluation.

How many of these consultant-gearred qualities can you count as your own?

CASSANDRA  
JOWETT  
TalentEgg.ca

Unlike many of the industries and professions we feature on TalentEgg, consulting is pretty broad and accepts students from a variety of disciplines and university programs, including business, arts and humanities, science, technology and engineering.

When it comes to a career in consulting, it's less about what you know and more about how you approach problems and find solutions, as well as your ability to communicate both of those things effectively.

If you're just learning about consulting, go through this checklist one by one. If you're able to check off each of these qualities, chances are you're probably well suited to at least take a shot at starting a career in consulting.

### You could be an Egg-cellent consultant if...

#### You love solving problems

Whether it's a mathematical equation, your best friend's relationship conflicts or a business case challenge, you thrive on identifying problems and finding ways to solve them.

#### Helping others feels good

Donating money to charity just doesn't cut it for you. You like to have a hand in helping other people and organizations directly so they can be stronger, happier and more successful and fulfilled in the future.

#### You're a data geek

You need lots of information on hand to make the best deci-

sions. Numbers, testimonials, reviews, ratings — lay it all on you. The more data the better. Before your last major purchase, you probably filled an Excel spreadsheet with thousands of cells of data, comparing brands, models, prices, retailers and more. It was a lot of work, but you were totally satisfied with your purchase.

#### You make logical decisions

You're practically Vulcan-like in your desire to make logical decisions based on reason instead of emotion. If all the data points in one direction, you don't go the other way just because your gut tells you to.

#### You're a team player with leadership potential

You can know and accept your place on a team, and follow instructions from a capable leader. However, you can also step into that leadership position when called upon in order to develop a winning strategy and delegate roles and responsibilities to your teammates.

#### You can explain complex concepts in simple terms

At one point or another, you've probably told your grandparents how the Internet works and outlined the causes of the global financial crisis to your financially illiterate friend. And they totally got it.

#### You enjoy presentations

Most people hate presentations and studies show that many would rather die than give public speaking presentations. Yikes! You can't imagine why — you meticulously prepare for presentations, and relish in walking that fine line between using your deck to support your presentation and using it as a crutch. **CASSANDRA JOWETT IS A TORONTO-BASED MULTIMEDIA JOURNALIST AND EDITOR WHO CURRENTLY WORKS AS CONTENT MANAGER AT TALENTEGG.CA. TALENTEGG.CA IS CANADA'S LEADING JOB SITE AND ONLINE CAREER RESOURCE FOR COLLEGE AND UNIVERSITY STUDENTS AND RECENT GRADUATES.**



Do you consider yourself the queen of communicating the very complex? Perhaps a career in consulting might be right for you. iStock

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# BUILD STRENGTH, INDEPENDENCE

## THE BEST TIME TO START IS IN YOUR 50'S, EXPERTS SAY

Like our eyesight or hearing, we take our independence for granted until we start to lose it.

Physical and mental strength are naturally important in maintaining our autonomy as our biological clocks tick away the years.

But preparing for old age doesn't need to be depressing because there are many things you can do to preserve and fuel your independence. And believe it or not, being in your 50's is never too young to start thinking about it.

"If you start working on it in your 50's,

that's the ideal time to work on building strength and being as physical as you can be," says Dr. Laurie Mallery, a geriatrician at QEII Health Sciences Centre in Halifax. "The more balanced your life is, the more likely you will age gracefully."

Can you climb a flight of stairs without getting winded? Does a night out with friends still excite you? Do family gatherings bring you pleasure? Perhaps it's art, music or being involved in your community that engages you? Finding physical and mental activities that turn you on are essential to keeping your mind and body in tip-top shape.

Jesse Robson is the co-founder of Happily Ever Active, a year-old, non-profit group that puts together physically engaging arts programming for older adults in Halifax. She has run workshops and camps that include such activities as dance, circus

arts, magic and visual arts.

Her clients come from health-care, long-term care facilities and the community so Robson deals with a wide range of abilities that include Parkinson's disease, people recovering from stroke, heart attack or joint replacement and those who suffer from arthritis or fibromyalgia.

"One of the main things we're promoting is physical activity," says Robson. "It's important to keep your muscular strength, your flexibility and mobility. These are really easy to lose if you have an injury or a stroke."

While doing crossword puzzles is believed to stimulate brain activity, Robson believes stepping up the challenge to include learning a new language, a new dance or a musical instrument is all the better.

Nova Scotia has the highest percent-

age of seniors in Canada so it's fitting that it was the first province in the country to adopt a department dealing with seniors' issues. The province also offers grants of up to \$10,000 to non-profit community groups that assist seniors in maintaining their independence. Property tax rebates, assistance with home heating bills, home repair grants and loans, income tax refunds and affordable living tax credits are also available.

"We know more and more people are living independently into their 90's," says Valerie White, CEO of the province's Department of Seniors.

"It raises the point that if we want to make life better for seniors these kinds of programs are really important to help people live where they want to live and not have to leave their community."

— Kelly Putter

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# TRUSTED RESOURCE

## SERVING SENIORS OFFERS SERVICES AND EDUCATION

Since 2005, Serving Seniors has acted as a trusted resource for services and education to seniors in the Halifax area.

Made up of professionals who come from different industries, the 30 member companies and non-profit organizations that belong to Serving Seniors view themselves as being a transition team that helps seniors navigate the challenges they face, at whatever stage of life.

"Each of us has a unique skill set," says Barbara Adams, the co-chair of Serving Seniors. "All of the professionals in our group have a great deal of experience working with the senior population. These are not people just starting out."

The group holds training sessions for its members every two weeks on the latest issues facing seniors.

With their extensive backgrounds, the members specialize in working with seniors and the service they provide reflects that. Almost all of the members are able to provide seniors with home-based visits, a service that eliminates the need for costly transportation.

Members of the group include a physiotherapist (Adams), dental hygienist, lawyer, moving company and many others. The list of the group members can be found at [servingseniors.com](http://servingseniors.com) or by calling 499-4122.

With their expertise, members provide a superior level of service as they understand the issues facing seniors and the



ISTOCKPHOTO/THINKSTOCK

challenges that their adult children face when a parent can no longer live safely by themselves.

Take the process of moving as an example. One of Serving Seniors' members is Michael Frevola from the Big Picture Moving Company. When moving seniors, the company takes special precautions not to load heavy boxes, as well as to ensure that the boxes are placed in locations

that are easy to unload and can be moved without great difficulty.

"Those are some of the issues you need to think about," says Adams.

With its 30 members, the Serving Seniors team may not have a member for every task, but they pride themselves on being the resource that knows where to find it.

"The best thing is that whatever re-

source they need, if we can't offer it, we know somebody who can," says Adams.

She likens the group to that of a health-care team where each person fulfils a specific need in a patient's care.

"We are like that, but we're in the private sector," says Adams.

"It's not a patient, but the senior and their family who need a helping hand to live life to the fullest."

## BRINGING AWARENESS TO ELDER ABUSE

Elder abuse is a topic that is getting more attention in today's society. While the term itself may bring to mind thoughts of physical abuse, elder abuse takes many forms.

"Elder abuse is not a black eye. It's not a bruise on the wrist. Elder abuse is hidden," says Alex Handyside, the owner of ScotiaCare Homecare, a company that helps seniors live independently in their own homes for as long as possible.

Some of the different forms of elder abuse include physical or sexual, psychological and emotional, financial and neglect.

To draw attention to the topic, there will be a panel discussion for people at the J.A. Snow Funeral Home on Oct. 2. The event will run from 7-9 p.m. The discussion will be moderated by Pamela Fancey, the associate director of the Nova Scotia Centre on Aging.

Elder abuse can come at the hands of many different people. "Abuse can be at the hands of a spouse, an adult child or



ISTOCKPHOTO/THINKSTOCK

other family member," says an information brochure from the website, [seniors.gc.ca](http://seniors.gc.ca). "Abuse can be inflicted by a caregiver, a service provider, or other person in a situation of power or trust. Abuse can happen when a senior is living in an institution or a private residence."

In his career, Handyside has seen it occur on more than a few occasions.

"It's really unfortunate, I've seen it all too often," he says.

Handyside has reported instances of elder abuse by adult children to the authorities and feels a professional and moral duty to do so.

"We're the eyes and the ears and we can see this happening," he says of the role caregivers can play in identifying and reporting elder abuse.

Handyside worries that elder abuse is a problem not being taken seriously enough by the authorities.

## PLAN TODAY FOR TOMORROW

When people go away for a trip, they usually do a lot of planning beforehand. But when it comes to planning for retirement, some people don't put much thought into it, despite the numerous things they need to plan for. "A lot of people wait until it's almost too late to get a plan in place," says Joan Mikkelsen, an elder planning counsellor and certified financial planner.

As a member of Serving Seniors, she is able to help direct people to the people and companies who can help them transition as they age.

"Serving Seniors is a good starting point for references," says Mikkelsen. She says that people need to think about multiple things, one of which is estate planning. Part of this process means completing one's power of attorney, will and medical directives.



**Wish you could find the answer to help yourself or a senior family member?**



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# GETTING A GOOD NIGHT'S REST

## WITH THE SNORE SHOP

The Snore Shop is all about helping people sleep well. With locations in Dartmouth, Clayton Park and Sackville, The Snore Shop helps people who suffer from sleep-disordered breathing, such as obstructive sleep apnea (OSA).

Sleep apnea is a common sleep disorder characterized by pauses in breathing, which occur while sleeping. It is extremely disruptive to one's sleep.

"There are good preliminary screening tools and OSA is becoming more diagnosed," says Lisa Johnson, the general manager of The Snore Shop.



THE SNORE SHOP PHOTO

She says that some of the warning signs of sleep apnea are snoring, daytime sleepiness and waking up gasping for air.

To check for sleep apnea, a sleep study is performed at home with a device that records things such as breathing parameters, heart rate and snoring volume. The device will even examine the quality of the rest you are getting.

The device is then returned to The Snore Shop where the staff will download the data, then send the results to the patient's doctor, who will provide a diagnosis and treatment plan.

The most popular treatment option is a continuous positive airway pressure (CPAP) device. This device provides a continuous flow of air to the individual to overcome airway obstructions and helps provide a more restful sleep.

While not covered by the provincial health-care plan, CPAP devices are covered by most third-party insurance providers.

# CELEBRATE SENIORS DAY AT BEDFORD PLACE MALL

## OVER THE NEXT 18 MONTHS, MALL HAS \$17 MILLION IN RENOVATIONS PLANNED

Bedford Place Mall will be celebrating National Seniors Day on Monday, Oct 1.

"We're having Seniors Day here at the mall," says Jessica MacNutt, the marketing manager with Bedford Place Mall.

The event will run from 1-3 p.m. and coffee and light refreshments will be provided. MacNutt will be on hand to speak to visitors about new arrivals in the mall and a variety of exciting changes that will take place over the next year.

"We encourage you to visit us as other information, special contests and discounts will also be available that day to seniors aged 55-plus," says MacNutt.

Over the next 18 months, Bedford Place Mall has \$17 million in renovations

**"WE'RE REALLY  
EXCITED TO GET  
STARTED ON  
THE PROJECT.  
THE WHOLE  
MALL IS  
GETTING A  
FACELIFT."**

— JESSICA MACNUTT,  
BEDFORD PLACE MALL  
MARKETING MANAGER

planned.

"We're really excited to get started on the project," says MacNutt.

"The whole mall is getting a facelift."

Besides Target becoming the anchor tenant in September 2013, other changes to the mall will include the food court being

relocated to the north end of the shopping centre and the addition of a new junior anchor. The interior design of the mall will be modernized, creating open spaces with more natural light and improved lighting fixtures. Other changes include enhancing the exterior facades and main entrances, and updating signage.

Bedford Place Mall is centrally located and offers plenty of free parking, as well as access by way of numerous bus routes (66, 80, 82 and 89) that travel along the Bedford Highway, which is where the mall is located.



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# WHEN IS IT TIME FOR HOME CARE?

## ENSURE YOUR LOVED ONE HAS THE CARE AND SUPPORT THEY REQUIRE



SHANNEX CARE AT HOME PHOTO

How do you know when your aging parent needs Care At Home? And how do you approach this delicate subject?

Many of us lead busy lives, balancing work, family and other responsibilities. With an already full schedule, you may miss the warning signs that your aging parent, relative or friend requires assistance in their home to manage the day-to-day activities of living. The following are some of the signs to watch for that may suggest home care is required:

- The home is not kept as it has been in the past, and is untidy or cluttered.
- There are signs of a poor diet such as lack of groceries in the home, skipped meals, or forgetting meals.
- They are afraid of falling.
- Managing medications has become a problem — either they forget to take them or take incorrect dosages.
- They are no longer interacting socially with others (i.e., not attending their regular social and recreational activities).
- The mail is unopened and bills are overdue.
- They are missing important appointments.
- There is decreased attention to personal care and appearance.
- Odours are evident in the home.

- They have marks or bruises they cannot explain.
- There is confusion when performing routine tasks.
- Excessive forgetfulness and/or changes in personality or mood is evident.
- They have mobility difficulties (i.e., moving and getting up).
- They have been diagnosed with early stage dementia or Alzheimer's.

Even though the list seems straightforward, admitting to yourself that your parent or loved one needs help is a difficult thing to do. It is not easy to approach the subject of home care with your loved one as they have always managed on their own, until now.

Begin by learning about what kind of care is available. Home care providers offer a broad range of medical and non-medical services. Non-medical services can include assistance with bathing/showering, shaving, incontinence, household tasks such as light housekeeping, meal preparation and laundry, as well as accompanying individuals to appointments. Medical services can include nursing services, palliative care services and blood collection.

Next, plan how you will raise the topic with your loved one. Do this with great care, as conceding that help is needed is difficult for the parent. Initially, they may feel outside help is unnecessary or they may want their family (you, your siblings, etc.) to continue to support and provide care. Coping with the loss of some of their independence is a challenge experienced by individuals as they age. In many cases, families put off making a decision in hopes that things will improve. Unfortunately, waiting can lead to other more serious issues related to the health, safety and overall well-being of your loved one.

Start the conversation of home care with your loved one by asking them if they have noticed anything different recently or if they feel they could benefit from additional support. If yes, then additional probing can often help your parent realize the areas where they could use some home support.

Next, evaluate the home care options that will provide support for your parent and yourself. Most people want to maintain as much independence as they possibly can. Home care services allow the individual to remain in

their own home with the help they require. To determine the level of care that is required, consider if your loved one needs help with cooking and housekeeping, or if personal care is also required.

Most home care providers will complete a complimentary needs assessment in the home, with your input. The level of care will be determined and a detailed personalized care plan will be developed and followed by the care provider. Care can be as little as a few hours per day once a week, to several hours on a daily basis. It is up to you.

Ultimately, it is about ensuring your loved one has the care and support required to be healthy, independent and safe in their home.

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# HONOURING MEMORIES, CELEBRATING LIVES

## DIGNITY MEMORIAL OFFERING SPECIAL PROMOTION

On the surface, it might seem like an odd promotion. Until the end of this month, Dignity Memorial's Nova Scotia funeral homes will be offering special Air Miles offers when people pre-arrange funerals and attend funeral information seminars.

"People would ask us, 'Do you offer Air Miles?'" says Ian MacDonald, the assistant sales manager with J.A. Snow, Cruikshank and A.L. Mattatall funeral homes.

As a result of repeated requests, the company began offering Air Miles in



DIGNITY MEMORIAL PHOTO

Nova Scotia.

Until the end of September, people can get up to 5,400 Air Miles when pre-arranging a funeral. If they attend one of the

free funeral information seminars, they will receive 50 Air Miles, plus another 100 if they bring a friend.

Once October arrives, Dignity Memor-

ial will go back to offering Air Miles at the normal rate of one Air Mile for every \$25 spent.

MacDonald says that just like everything in life, it is best to plan ahead.

"This is a part of life we cannot avoid," he says. "While we may not like to think about our mortality, it's critical that we do and make preparations for it. Pre-arranging a funeral is just another piece of that."

Pre-arranging one's funeral ensures the ceremony respects the deceased's wishes. Left unplanned, it can mean that families are left to try to figure out what their loved one wanted, which can also lead to conflict over things like how to pay for the funeral.

"It's just a better way of doing things," says MacDonald.

## THE BERKLEY ENRICHES LIVES

At The Berkeley, there is a genuine emphasis placed on organizing social events and activities that enrich the lives of residents.

"We are dedicated to making our

residents feel part of The Berkeley family through camaraderie and social engagement," says Catherine Campbell, the director of communications.

She says The Berkeley has been working hard to expand on its events and activities to meet the needs and interests of every resident.

Recently, there have been a few particularly noteworthy events that drew rave reviews from the residents and staff alike.

One was a New York-themed evening, which featured decorations that evoked thoughts of Broadway, such as playbills, posters and other theatre-related items. The evening culminated in a ballroom dancing performance, and some residents even joined in on the fun.

Even the dinner was designed with the theme in mind.

Some of the dinner options included Manhattan clam chowder,



THE BERKELEY PHOTO

The Berkeley recently held an antique car show.

New York-style chopped salad, a grilled New York strip loin steak topped with a creamy mushroom sauce and grilled salmon, done New York style, of course.

Another recent event was an antique car show featuring 25 classic cars, classic music and classic food. It was the perfect formula for a 1950s-themed event.

The event kicked off with a barbecue featuring staples like chicken kebabs, Italian sausage with sauerkraut, and grilled beef burgers, followed by ice cream floats, cotton candy and popcorn.

"These themed events bring the team together and truly wow our residents," says Campbell.



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# HEAR ALL ABOUT NEW LOCATION

## HEARING INSTITUTE ATLANTIC OPENING IN SACKVILLE

For Christina Rogers-Lunn, it's a homecoming of sorts.

She is the owner of Hearing Institute Atlantic and the company just opened a new location in Sackville.

"This new location is very important to me because I'm from Sackville," she says. "I'm excited to bring our brand of hearing health care to the residents of Sackville. I'm proud to be able to offer services in the community and to help with the hearing care needs of the families and friends I grew up with."

Hearing Institute Atlantic is located in the new Lawtons Building at 667 Sackville Dr.

All of Hearing Institute Atlantic's locations are full-service facilities that offer hearing evaluations by clinical audiologists, as well as sales and servicing of hearing aids.

The locally owned company's roots



Christina Rogers-Lunn

HEARING INSTITUTE ATLANTIC PHOTO

date back to 1999, when it was started by its president, Nona Fuller.

"We are independently owned, which means we dispense from all of the best hearing aid manufacturers in Canada," says Rogers-Lunn. "Our audiologists have a wide portfolio of hearing aids to select from and the patients themselves have an opportunity to choose what styles and features are best suited to their

lifestyle."

This is a key advantage Hearing Institute Atlantic is able to offer its clients.

Rogers-Lunn says she has noticed a change in the demographics of the company's clients. When the company started, Hearing Institute Atlantic was often testing people in their 70's for their first hearing test.

## ON THE WEB

On its website ([hearinginstitute.ca](http://hearinginstitute.ca)), Hearing Institute Atlantic frequently posts blogs that talk about different issues surrounding hearing. These articles cover topics such as how to tell other people about your hearing loss and how to talk to loved ones about hearing loss.

"Now, that's shifted dramatically in that people in their early 50's are now coming to us concerned about their hearing loss and wanting solutions to help them hear better," says Rogers-Lunn.

In other words, people are being more proactive about the concern they have for their hearing and are getting it tested at a younger age. This early intervention is vital to keeping people connected.

"With earlier intervention, there are much better outcomes," says Rogers-Lunn. "You can treat the hearing loss a lot more effectively."

And for the residents in and around the Sackville area, that's good news to hear.

## Hearing aids will change your life

### Are you a communication partner?

Many individuals have taken notice of a friend or family member that appears to have difficulty hearing at times. How do you handle a situation like this? People experiencing hearing difficulties may not even be aware they may have a hearing loss or be ready to acknowledge that they are having hearing problems. As communication partners, (spouses, friends, children with ageing parents, coworkers) we are in the best position to educate our loved ones regarding hearing loss and to support and encourage them to take action to investigate their hearing health.

### There are various degrees of hearing loss

For most people hearing loss occurs very gradually, and is often characterized by difficulty hearing in certain noisy environments or listening situations, such as when someone is speaking with their back turned or from another room. Because the hearing problem is not widespread and the individual still hears well in quiet one-on-one situations they often mistakenly think their hearing is normal or perfectly fine 'for their age'. Early detection of hearing loss is key in the prevention of further deterioration and rehabilitation of hearing. If you or someone you know is experiencing any hearing difficulties it is important that they see an audiologist.

### Untreated hearing loss can lead to worsening of hearing difficulties

Along the same lines as the point above, an individual with undetected and therefore untreated hearing loss is at greater risk of suffering from sensory deprivation. Sensory deprivation is a condition whereby our auditory system does not get adequate stimulation as a result of hearing loss, and therefore over time becomes less capable of processing speech clearly. It is very much a 'use it or lose it' phenomenon.

### Hearing Aids will Change Your Life

If you're still reading this article, you're probably thinking that "yes, yes, I know this is true or I've heard this before". What we want to say now is, "So what are you doing about your hearing loss?". We know hearing aids will change your life. Every day our audiologists fit people who are astounded by how much better they can hear; they leave our offices sometimes in tears, they are so shocked, but pleased at what they can hear, and they've only reached the parking lot! We at Hearing Institute Atlantic, take pride in connecting with the public to educate about the warning signs of hearing loss and what happens when hearing

loss is left untreated. We offer support and advice on how to help people get motivated to take action. But we need help! Hearing Loss is the third most prevalent chronic condition facing Canadians, yet folks are having their first hearing test ever at age 65+, why? We as a society need to be aware of the issues involved in Hearing Health and recognize our unsung heroes - Audiologists. Audiologists by nature are a modest group of professionals; they quietly dedicate their careers to helping people to hear better every day without acknowledging how much of a powerful influence they have in changing their patient's life. Hearing aids will change your life, so what are you waiting for?

### Have we convinced you yet?

The hearing aids we fit today are tiny, digital devices that come in an array of shapes, colors and styles to suit any lifestyle. Bluetooth capability connects your hearing aids to computers, cell phones, TV's and more. The technology in today's hearing devices re-connects those with hearing loss to the sounds they've been missing; voices, music, phone conversations, theatre to name a few. Our patients tell us they love their hearing aids, they feel younger and more energized than ever before and they are now enjoying seeing friends, attending family get-togethers, joining clubs, and going out to restaurants; all thanks to their new hearing aids. And that's music to our ears!

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# MAKE IT FUN



ISTOCKPHOTO/THINKSTOCK

## STAY ACTIVE AND FIT WITH ACTIVITIES THAT ARE ENJOYABLE

Keeping middle-age spread at bay can be a real test given all the other maintenance projects our 50-plus-year-old bodies keep us busy with.

Throw in the cool autumn air and the thought of hopping on your bike or taking that five-kilometre run isn't as appealing

as it was under the summer sun. The key to staying fit when temperatures get cooler is to make sure you are engaged in an activity you love and to consider taking it indoors.

"Do something fun and something you want to keep doing," says Jesse Robson,

co-founder and manager of Happily Ever Active, a Halifax group that runs physically engaging arts programming for older adults. "Try to find activities you want to do for multiple reasons."

If, for example, you are feeling stressed consider yoga or tai chi. These activities

will not only improve your fitness level but they help you relax as well. Ballroom dancing or salsa lessons mean you are keeping fit while socializing with other dancers.

As fall turns to winter, you may want to take your exercise indoors. Robson recommends looking at neighbourhood recreation centres, indoor pools, yoga and dance studios and gyms. Churches, long known for bingo and cards, are even getting in on the action, she says.

The Faith Tabernacle Church in Halifax offers fitness and exercise classes in which participants can also explore fellowship, nutrition and spirituality. Check your neighbourhood church.

If you can handle the chilly air, Nordic pole walking is especially good for those with mobility impairments. The poles offer extra support for someone used to a walker or a cane.

"It's important to tie physical activity with mental activity," says Valerie White, CEO of Nova Scotia's Department of Seniors. "That leads to socialization. It's feeling connected, getting out of the house. If you keep your mind active you'll be happier and likely live longer."

While frailty doesn't come on till most people are in their 70's and beyond, strength and aerobics training in your younger years may help you navigate old age a little easier, says Dr. Laurie Mallery, a geriatrician at QEII Health Sciences Centre in Halifax.



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## VON'S PROGRAMS PROVIDE SUPPORT

### VOLUNTEERS CAN BOOST MORALE

When Lynn's father died a few months ago, she worried how her mother, Peggy, would cope and feared she would be lonely. Between raising her own children, her job and other commitments, Lynn tried to be there as often as she could, but it was hard.

Then Lynn heard about VON Greater Halifax's community support programs. She suggested her mother try Frozen Favourites, a meal delivery program in which volunteers deliver healthy nutritionally balanced meals right to your door. Peggy enjoyed the meals, but what she enjoyed more was the visit from the volunteer driver. He took the time to chat with her, and Peggy liked seeing someone throughout the day.



VON GREATER HALIFAX PHOTO

Lynn recognized that her mother enjoyed the quick visit from her volunteer.

She remembered hearing about another VON program: Volunteer Visiting. The program is designed for seniors to have a friendly visit from a volunteer. The volunteer is matched based on the needs and the interests of the client.

Now, Peggy receives her Frozen Favourites on a weekly basis as well as a visit from her volunteer visitor each Friday afternoon. Peggy and her volunteer go for walks, play scrabble, talk about gardening, and lots more.

As Peggy says with a laugh, "There's no stopping us."

"When I talk to mom I can hear in her voice she's much happier", says Lynn.

"Knowing she's well taken care of during the day and has made new friends makes me feel so relieved."



# SETTING A NEW STANDARD IN SENIOR LIVING

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The Arbor Vitalia Courtyard is the newest innovative community in HRM. Built by Kivotos Developments — a home-building company specializing in top-of-the-line, quality-built homes for families and individuals all across the Metro area — the project features bungalow-like townhomes rentals in the area of Vitalia Court.

Kivotos Developments, which is known for its uncompromising high standards in design, construction and personalized service, promises the same unprecedented workmanship and design with this new community.

## THE CLUBHOUSE

The Vitalia Clubhouse is designed as both a retreat and as a place to gather. The 10,000-square-foot clubhouse offers the following features:

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- Lounges with a pool table, table tennis and a large TV.
- A fully equipped business centre.
- A comfortable library.

This community promises to change how its residents live. The philosophy is to create and celebrate the essence of vitality. The community is created around its residents, with a commitment to offer



ISTOCKPHOTO/THINKSTOCK

them the active lifestyle they seek with the amenities they want, and the sense of security and stability they deserve. It's ideal for those in their 50's and beyond, who are semi- or fully retired.

Kivotos is setting a new standard in senior living. These new bungalow-like townhomes, in a semi-gated environment, will have unique structural details such as crown moulding, fireplaces and deck views.

Each bungalow-like townhome will feature exceptional design, and custom options may be offered (depending on how early in the building stage the rental is confirmed). These options may include selections in the cabinetry, paint colours and wood flooring.

These homes will be energy efficient with six top-quality appliances included with heat and hot water.

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HC Davos' Rick Nash, right, is held up by SC Langnau's Mark Popovic during a Swiss League game on Tuesday in Davos, Switzerland. ARNO BALZARINI/THE ASSOCIATED PRESS

# NHL going back to the bargaining table

**Lockout.** Discussions won't be limited to core economic issues when negotiations resume Friday

## Europe bound

- The flood of locked-out players to Europe continues, with Vezina Trophy finalist Pekka Rinne signing on with Dinamo Minsk in the KHL Tuesday and Tuukka Rask (HC

Plzen), Mikhail Grabovski (CSKA Moscow), Alex Steen (Modo), Douglas Murray (Djurgarden) and Alex Semin (Sokol Krasnoyarsk) joining new teams as well.

pass after the lockout was enacted before resuming talks.

While a significant economic gulf remains this time around, at least one veteran negotiator believes it's a good sign the NHL and NHLPA are willing to discuss issues such as pensions, grievance procedures and travel in the meantime.

"It means that once they settle the economic issues they want to start playing right away," said the negotiator, who requested anonymity.

Additional reminders of the damage inflicted by the lockout continue to surface with each passing day. The St. Louis Post-Dispatch reported Tuesday that the Blues had laid off just under 20 employees and forced their remaining staff to take pay cuts or a reduced work week.

THE CANADIAN PRESS

The NHL's collective bargaining talks are set to resume after a two-week hiatus and all of the issues are open for discussion.

Not only did the league and NHL Players' Association schedule a meeting for Friday in New York, but they also agreed to reopen negotiations on matters unrelated to the economic system that governs the sport.

It's a departure in approach from the weeks leading into the lockout, when the sides focused solely on core economic issues. They were about \$1 billion

apart after each tabling offers during the last bargaining session on Sept. 12, and a new plan of attack was developed by deputy commissioner Bill Daly and Steve Fehr, the NHLPA's special counsel, during a face-to-face meeting in Toronto on Tuesday morning.

"We agreed on an agenda that made sense and might produce some forward progress," Daly told The Canadian Press.

The lockout has already forced the cancellation of Sep-

tember's pre-season games and it's expected that the remainder of the exhibition schedule could officially be wiped out as soon as Wednesday. After that, regular-season games will be next on the chopping block.

Despite stalled negotiations, Daly said earlier this week that the process was "light years" ahead of where it was at this point in 2004. The decision to return to the bargaining table is evidence of that. Eight years ago, the sides let three months

## QMJHL

### Drouin picks up CHL player of the week award

Jonathan Drouin of the Halifax Mooseheads has been named the Canadian Hockey League's player of the week.

The 17-year-old left-winger shot to the top of the QMJHL scoring list in a pair of opening-weekend victories, piling up two goals, five assists and a plus-6 rating.

It's the first weekly award of the CHL season.

METRO

## AUS

### Lewars bags two goals and athlete of week award

Tyler Lewars of the Dalhousie Tigers men's soccer team has been named Atlantic University Sport male athlete of the week.

The third-year striker from Ottawa scored twice in a pair of Tigers wins on the weekend.

Cole Harbour's Tara Rogers of the Cape Breton Capers women's soccer team took the female honour after scoring twice to help her team to two road victories.

METRO

## Tennis

### Rafa's comeback still up in the air

Rafael Nadal still has no timetable for his return from a knee injury, and the 11-time Grand Slam champion isn't sure if he'll play the Australian Open in January. Nadal hasn't played since losing in the second round of Wimbledon and is still recovering from a partially torn tendon in his left knee. THE ASSOCIATED PRESS

## Mobile sports



Qriket

The pressure's already on for the 40 players at the Canadian women's hockey team camp this week in Calgary, who will find out in just six months if they will be invited to try out for the 2014 Olympic team.

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# Mitchell's bank account slashed by CFL

Khalif Mitchell is in trouble with the CFL once again.

The league fined the B.C. Lions all-star defensive lineman an unspecified amount Tuesday for multiple "throat slashing" gestures committed in the club's 19-18 win over the Edmonton Eskimos on Saturday night.

After the game, Mitchell defended his actions, saying he made a gesture in the form of a cross. But a television replay showed the defensive tackle making a throat-slashing gesture.

Earlier this season, Mitchell served a two-game suspension

handed down by the CFL for violently hyper-extending the arm of Edmonton offensive lineman Simeon Rottier in the Eskimos' 27-14 win in Vancouver on July 20.

Mitchell was not penalized on the play but was suspended by CFL commissioner Mark Cohon.

Saturday night's game was Mitchell's first against Edmonton since the incident with Rottier. Mitchell flattened the Eskimos guard on the first series Saturday night and walked away without incident after quarterback Steven Jyles was sacked. THE CANADIAN PRESS

## Around the league

The Alouettes will be without defensive tackle Ventrelle Jenkins (bruised knee) and possibly defensive back Seth Williams (concussion) when they play the Tiger-Cats Friday.

- Jarious Jackson will get the start Saturday when the Argonauts visit the Blue Bombers. Regular starter Ricky Ray suffered strained ligaments in his knee in Sunday's loss in Montreal.



Lions defensive lineman Khalif Mitchell gestures to the fans towards the end of Saturday's game in Edmonton. JOHN ULAN/THE CANADIAN PRESS FILE



# Replacement ref rage peaks after 'Hawks-Packers debacle

**NFL.** League's referee saga even draws reaction from U.S. President Obama

The NFL put its stamp of approval on the still-smouldering outcome of the Green Bay-Seattle game:

Wrong call.  
Right review.  
Wrong team still wins.  
Seahawks 14, Packers 12.  
With frustration mount-

ing among coaches, players and fans, the worst fear finally materialized: A mistake by a replacement official would decide the outcome of a game.

It came while the NFL and its regular officials, locked out since June, were in resumed talks in an attempt to resolve the impasse.

That was still a day late for the Packers.

The fiasco, which unfolded on the prominent stage of Monday Night Football, was deconstructed by the league Tuesday in a way that surely

**A bookie's worst nightmare**

## \$300M

The amount of money Las Vegas odds-makers say changed hands worldwide after NFL replacement referee Wayne Elliott's controversial call on Monday.

rendered little comfort for Cheeseheads.

The NFL said Seattle's last-second touchdown pass should not have counted because Seahawks receiver Golden Tate

should have been called for offensive pass interference, ending the game with Green Bay winning.

Instead, officials ruled it a touchdown, and penalties either way are not reviewable.

That left it to whether Tate and Green Bay safety M.D. Jennings both had possession of the ball. The officials said they did, but the Packers insisted Jennings had clear possession for a game-ending interception. The NFL agreed that the replay was inconclusive, upholding the touchdown and

giving Seattle the victory.

Green Bay quarterback Aaron Rodgers, normally a soft-spoken player who didn't say much after the loss, lashed out on his radio show Tuesday.

"First of all, I've got to do something that the NFL is not going to do: I have to apologize to the fans," he said on ESPN 540-AM in Milwaukee.

The embarrassing NFL referee saga even drew reactions from the White House, with U.S. President Barack Obama deeming it "terrible" and declaring it was time to get regu-

lar officiating crews back on the job.

Wisconsin State Senator Jon Erpenbach even tweeted NFL commissioner Roger Goodell's office phone number, saying in a separate tweet that if the ending Monday did not spark an end to the lockout "this season will be a joke."

On his weekly appearance on Seattle radio station 710 KIRO-AM, Seahawks coach Pete Carroll made no apologies Tuesday, saying, "The league backed it up and game over. We win." **THE ASSOCIATED PRESS**



## Blue Jays play spoiler, earn series split with pennant-hungry Orioles

Matt Wieters of the Orioles is forced out at second base by Toronto Blue Jays second baseman Adeiny Hechavarria to start a double play at Camden Yards on Tuesday night in Baltimore. Aaron Laffey and five relievers combined on a six-hitter as the Blue Jays beat the Orioles for a second straight game, 4-0, earning a 2-2 split in their four-game series. Laffey (4-6) allowed five singles in 5 2/3 innings and won his first game since Aug. 5. He had been winless in his previous six starts. He neither walked nor struck out a batter. The Orioles' loss coupled with the Yankees' 5-4 loss to the Minnesota Twins means Baltimore remains 1 1/2 games behind New York in the AL East pennant race. **GREG FIUME/GETTY IMAGES**

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# Getting into Focus for 2013



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## 2013 Ford Focus ST

- **Type.** Four-door, front-wheel-drive compact hatchback.
- **Engine (hp).** 2.0-litre DOHC I4, turbocharged (252).
- **Transmission.** Six-speed manual.
- **Base price (incl. destination).** \$31,500.

## Steering

New variable-ratio power-steering makes the ST a bit sharper, while torque-vectoring control applies light inside front-wheel braking force in the turns for improved agility. And let's not forget the beefed-up brakes designed to more effectively arrest the 1,465-kilogram ST's momentum.

## Shocks

Along with literally boosting the 2.0's output for ST duty, the RS/SVT gang strengthened and stiffened the Focus platform and lowered the ride height by about a centimetre. The shocks and springs are stiffer for more control, plus the front anti-roll bar is larger in diameter, which limits body lean while cornering.

## Style

Visual flavour is similarly beefed up with a front spoiler, chrome-trimmed headlamps and a mesh-style grille. There's also extra rocker-panel trim along the sides. The bumper containing the exhaust outlets and tinted tail lamps are exclusive to the ST, as is the optional roof spoiler designed to reduce drag as well as aid in overall stability.

## Speed

Ford claims the ST is capable of zero-to-96-km/h sprints in the low-six-second range, which is about two seconds quicker than a standard Focus hatch. Official fuel-consumption numbers aren't out yet but about 10.0 l/100 km in the city and 5.5 highway would be a reasonable guess. That's impressive considering the extra thrust.

## Review. Giving an eco boost to performance

MALCOLM GUNN

Wheelbase Media

By now you've probably heard about something from Ford called "Ecoboost." It's a series of turbocharged engines that, depending on how the company wants

to spin the propaganda, is either a way to stretch fuel dollars, or a way to give your right foot a good workout.

Put an Ecoboost four-cylinder in a seven-passenger Ford Explorer tall wagon and you have a docile fuel champ. Put roughly the same engine in a Ford Focus and fuel performance plays a quiet second fiddle to acceleration, turning and stop-

ping performance.

It's a bookend in a rather diverse line. At one end, the Electric model represents all things lean, clean and green. At the other, the new ST, arriving soon, is positioned as the quintessential driver's car for the budget-minded.

Both models come in hatchback formats only. Middle-ground mainstream versions of the Focus can

be had in either sedan or hatch variants. The ST owes its existence to Ford's European-based Team RS performance group working co-operatively with the automaker's SVT (Special Vehicle Team), which are engineers in North America responsible for breathing life into the Mustang-based Shelby GT500 and SVT Raptor pickup.



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# European automotive industry down and out — but we'll always have Paris

**Auto show.** World still has a love affair with European design



**AUTO PILOT**  
Mike Goetz  
drive@metronews.ca

Europe's economy is in shambles. Consequently, car demand in Europe this year is forecast to be less than 12.5 million units — the second lowest level in the last 20 years.

This is how Fiat and Chrysler CEO Sergio Marchionne framed the situation, during an industry conference held this week in conjunction with the Paris auto show: "The European car market is a disaster. It has plunged off a precipice that doesn't seem to have bottomed out yet."

Good times.

So can we expect the upcoming Paris show to be somber and uneventful? Hardly.

I guess you can be bummed out in Paris if you tried, but



The Smart ForStars concept debuting this week in Paris is so named because you can view the stars via its glass roof, and for its video projector embedded in the front hood — good for screening movies and their movie "stars" whenever the mood strikes. HANDOUT

you'd have to really bust a gut. Also, auto companies have to keep their models fresh whatever the economic cycle. And finally, maybe lots of Europeans can't or won't buy a new vehicle this year, but that is not the same thing as the world

telling Europe to stop creating vehicles, for the world clearly still loves European designs.

The global aspect of the industry has meant that Europeans designs don't stand out like they used to, but you know what? They still stand out.

American and Asian brands have made great strides, but they still don't attract the eye like most models do from Audi, Mini, BMW, Mercedes-Benz, Land Rover, Volvo, Jaguar, Aston Martin, Ferrari, etc.

It doesn't hurt that Euro-

pean models play more in the upscale segments, but a lot of that is because they can — through great looking vehicles.

So European flair will surely continue to excite, amid and despite the chaos. The Paris show will not be diminished in

any way.

The show gets underway on Thursday, but several "advance" images of some of the debutantes are already in circulation.

The most important of which is the Jaguar F-Type, the English automaker's long awaited, all-new "smaller" two-seat sports car, which channels the famous E-Type (1961-1974). Fans of Jag's more earnest sports cars of the past have been waiting for a car like this for a long while. All I'm saying at this point is "hallelujah."

Another notable two-seater to debut at Paris is the Smart ForStars. The concept tells us a lot about the direction of the new-generation Smart platform, due in North America in 2014. Basically get ready for lots of Smart variations, like a four-seater (ForFour), and something like this mini-SUV thing they're calling ForStars.

And there will be more where that came from. Because Europe will not stop being Europe.

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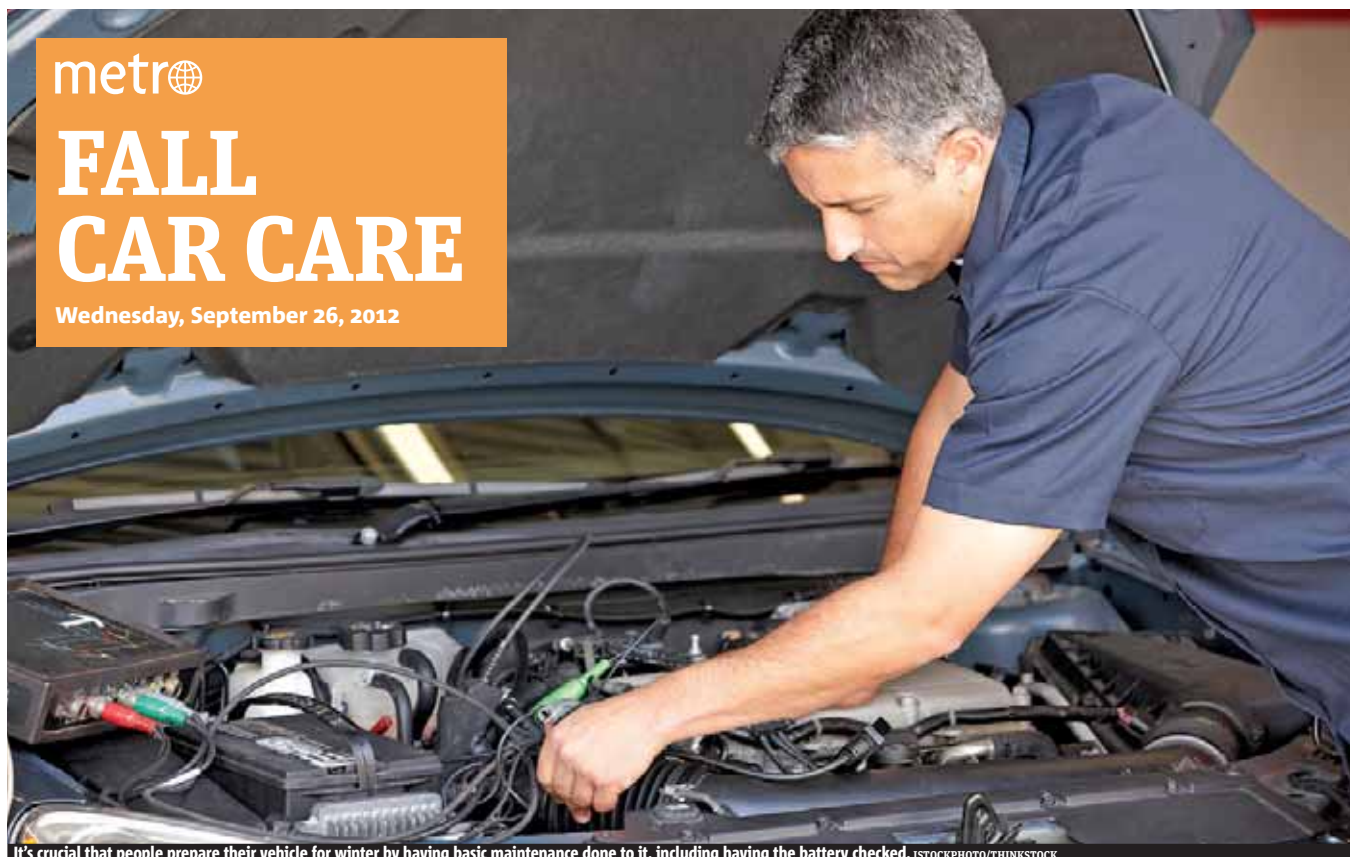




metro

# FALL CAR CARE

Wednesday, September 26, 2012



It's crucial that people prepare their vehicle for winter by having basic maintenance done to it, including having the battery checked. iSTOCKPHOTO/THINKSTOCK

## Defend against your car's kryptonite

**Basic maintenance.** Don't let winter weather attack and disable your vehicle's components

**RICHARD  
WOODBURY**  
For Metro

Cold weather isn't a friend to anybody's vehicle, so a Canadian winter is more like an enemy.

"The cold weather is going to stress all the components in your vehicle, including your engine and the amount of heat it gener-

ates and the amount of cold outside," said Judge Eilers, a product specialist at Capital Ford Lincoln in Regina.

For this reason, it's crucial that people prepare their vehicle for winter by having basic maintenance done to it, including having the battery checked, as well as the brakes.

Other things people must do to prepare their vehicle

for winter is make sure their windshield washer fluid reservoir is filled with fluid that is good to at least -40 C.

In fact, if there is spring and summer washer fluid already in the reservoir, that should be drained before adding the winter fluid.

"We use winter stuff all year," said James Schimpf, the fixed operations manager with Steele Hyundai in Halifax.

By using winter washer fluid year round, it eliminates the chance of washer fluid freezing, which can

bring on a host of problems, such as the washer fluid jug splitting.

Closely tied in with the washer fluid are the vehicle's wipers, which get quite a workout in winter.

Schimpf says if there are cracks or tears in the rubber that contact the window, the wiper will need to be replaced.

One of the most important ways of getting a vehicle ready for winter is to put a set of four winter tires on it, not just two, cautions Schimpf. If you drive with different sets of tires on a vehicle, they can get out of sync and cause a driver to lose control.

"Your front tires can dig themselves their own track, while your back tires have more of a tendency to follow someone else's tracks,"

Schimpf said.

Winter tires have a different rubber composition than summer tires and this allows them to provide better grip in colder temperatures. Because they have better treads, they handle better in snowy and icy conditions.

One of the arguments people often make against having winter tires is that it ends up costing a vehicle owner more money.

This argument is a little short-sighted because you are doubling the life of the tires, when compared to running one set 12 months a year.

One final thing to do is put a snow brush in one's vehicle, even if it's still September.

"Just chuck one in there right now," Eilers said.

## Heat for your seat

It should come as no surprise, but as the mercury drops during our Canadian fall and winter months, the most popular vehicle gadget is one that helps to warm us — from the "bottom" up.

"We sell probably four times as many heated seats than any other accessory," explained Nadheer Rehmtulla, the operations manager for Mississauga, Ont.-based ASC Canada, which runs the autostyle.ca parts and accessory website. "Obviously, when it's freezing outside, it's a great way to warm up quickly."

"In fact, heated seats warm up faster than the heat from your car, so it's an effective way to warm up."

Rehmtulla, whose organization services all of Canada, added that the top three autumn and winter accessories and gadgets would be remote starters, the aforementioned heated seats, and snow tires.

He explained that two other items — one that protects the inside of your car and one that protects its outside — are also extremely popular at this time of year.

"If you're trying to preserve the interior of your car, floor mats are a great option," he said. "And one of the biggest things that people are interested in now are backup cameras."

Due to dramatic reductions in the cost of camera equipment, this option is as affordable in many cases as backup sensors, but are far more effective. "The sensors use microwave technology and when there's a lot of snow they can have a high failure rate," Rehmtulla said.

The cameras are installed under the licence plate and are slightly heated to combat ice buildup and snow accumulation.

"We can feed a monitor or, if you have a GPS, we can hook it up to your existing monitor," he said.

"Not too many people do the recommended 'walk around the car to check for obstructions' — it's too cold. This is an easy way to make backing up safer."

For those with leather seats, Rehmtulla added that one simple — and often overlooked — method of cold-month preventative maintenance is to condition your seats.

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# Winter driving. Give yourself extra time

**RICHARD  
WOODBURY**  
For Metro

With fall having arrived, it means leaves on the roads will soon become a fact of life and a hazard for drivers.

"Wet leaves are really like snow," said Wayde Hitchcock, a driving instructor with High School Driving Academy in Halifax.

"Once you get on those wet leaves and you try to either turn your wheels or apply your brakes, it's really just like stopping or turning on snow. You're going to slide."

As a result, people must drive to the conditions and take into account that with wet leaves they are not going to have the same traction as normal and they won't be able to brake or accelerate as quickly.

And as the season moves from fall into winter, drivers are going to have to make more changes to the way they drive.

Berk Dietrich, a regional trainer for the Hamilton, Ont., area with Young Drivers of Canada, says that drivers must change their normal driving routines.



As the snow starts to fall, you are going to have to make changes to your regular driving routines. THE ASSOCIATED PRESS FILE

"It starts before you get out to the car," he said, noting that people have a ten-

dency to leave every day at the same time for work in order to get there at the same

time every day.

With the wrinkles winter throws our way, including

frost, snow and ice, people need to allow for extra time to get a vehicle ready to hit

## Getting out of a skid

- If you find yourselves skidding in the winter, the key thing is not to panic. Do not brake, instead, steer your vehicle in the direction where you want to go and shift into neutral or push the clutch in.  
— Source: Canadian Centre for Occupational Health and Safety

the road. This includes doing a thorough job of removing ice and snow from the vehicle — and not just from the front windshield.

"You need to remove as much snow and ice from the vehicle as you can and you need to have time to do that," says Dietrich.

During the winter months, people will also need to check their tire pressure more frequently as it will drop because of the cold temperature.

The most important things to remember during the winter are to allow for more space between vehicles, slow down and drive to the conditions.

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Sales of the 2012 Chevrolet Volt set a monthly record of 2,800 in August, mostly because of steep discounts. DAVID ZALUBOWSKI/THE ASSOCIATED PRESS FILE



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# The GM Volt: How low will electric car go?

**Incentives.** General Motors discounts car, but how long can they afford to lose money on the vehicle?

## Quoted

**"It certainly wasn't a rousing success."**

Carter Driscoll, senior analyst for CapStone Investments who follows electric cars, on the Volt's launch.

General Motors rolled out the Chevrolet Volt two years ago with lofty sales goals and the promise of a new technology that someday would help end America's dependence on oil.

So it seemed like a good thing in August when sales of the \$40,000 car set a monthly record of 2,800. But a closer look shows that things aren't what they seem for the cutting-edge car.

Sales rose mostly because of discounts of almost \$10,000, or 25 per cent of the Volt's sticker price, according to figures from TrueCar.com, an auto pricing website. Other pricing services gave similar numbers, and dealers confirmed that steeply discounted Volts are selling better than a few months ago.

GM's discounts on the Volt are more than four times the industry's per-vehicle average, according to TrueCar estimates. Edmunds.com and J.D. Power and Associates say they're about three times the average. Discounts include low-interest financing, cash discounts to buyers, sales bonuses to dealers, and subsidized leases.

Americans have been slow to embrace electric cars. But the Volt's August sales show they're willing to buy if prices are low enough. Even so, electric cars have a long way to go before they enter the mainstream and make money for car companies. Electrics and gas-electric hybrids account for just 3.5 per cent of U.S. auto sales this year. GM is losing thousands of dollars on every Volt, raising the question of how long it can keep eating the steep losses.

For the foreseeable future, carmakers will have to cut prices to move electric vehicles off dealer lots. The nonpartisan Congressional Budget Office says the cost of electric cars must drop to be competitive with gasoline-powered ones.

GM executives have conceded from the start that they were losing money on the Volt, and that was before the big discounts.

Now the losses could be even higher. It costs \$60,000 to \$75,000 to build a Volt, including development, manufacturing and raw materials, estimates Sandy Munro, president of Munro & Associates, a Troy, Mich., company that analyzes vehicle production expenses for automakers. Much of the cost comes from an expensive combination of two power systems — electric and gasoline. With a sticker price of \$40,000, minus the \$10,000 the company pays in incentives, GM gets roughly \$30,000 for every Volt. So it could be losing at least \$30,000 per car.

GM confirmed there are incentives on the Volt and that the company loses money on the car. But the automaker declined to give figures for the discounts or the losses. The figures exclude a federal tax credit that goes to buyers.

GM spokesman Jim Cain says most of the Volt discounts come in the form of lease deals, which account for about two-thirds of sales. In some markets, Volts can be leased for \$249 per month with \$2,400 down.

THE ASSOCIATED PRESS

## No spark at the start

The Volt, a four-seat compact, was rolled out in a few states in December 2010 with a starting price of \$41,000.

- **GM had high hopes.** The car's features stacked up well against the Nissan Leaf, a pure electric car that debuted about the same time and is the Volt's closest competitor.
- **But the timing of the launch was poor.** The pricey car hit showrooms when many buyers were reeling from the bad economy and turned off by

the government's \$50 billion bailout of GM.

- **"Let's face it, over \$40,000 is asking a lot for a compact car."** So said Bob Lutz, a retired GM vice chairman who led the development of the Volt.
- **Moving the needle.** Early this year, GM started offering many more discounts, which soared to \$10,000 per car in August. The Volt is now the top-selling electric car in the U.S. — 7,400 ahead of the Prius Plug-in.



# Focus groups: Automakers are listening

**Driving force.** In some cases companies look for feedback from car owners, other times they mine online data or blogs to get your opinions

JIL MCINTOSH  
drive@metronews.ca

When automakers say they listen to consumers, in many cases, they literally do. Like other manufacturers of consumer goods, car companies use focus groups throughout the various stages of development.

"It's actually a group of people, typically six to 12, and it's a social conversation," says JoAnn Heck, director of consumer and market insights for Chrysler.

"The group is managed by a professional moderator to keep the conversation going, making sure they're drawing information from each participant and achieving the objectives the company wants."

There are different ways to find participants, depending on



Car companies like Chrysler rely on focus groups to give them consumer feedback. JIL MCINTOSH/FOR METRO

the study objectives. In some cases, they're Chrysler's customers.

In others, contact information comes from data research companies, online surveys, or even blogs.

"If we want to talk to them about their experience with

Chrysler, we'll go to those owners, and we have their contact information through their purchase," Heck says.

"If we want to know about a vehicle segment, we'll more often talk to those who bought from competitors. Sometimes we even deal with people who

don't own a car, talking about their future intentions."

While quantitative data is obtained by such methods as multiple-choice questions or evaluations, focus groups are more about feelings.

"You don't just listen to the words," Heck says. "You watch

them, listen for contradictions, or even tensions that come up when people try to explain things. We have the hard data about what people might think about a vehicle, while the focus groups give us the richness behind it, why they like or dislike something, and their emotions

## What's involved?

- Focus groups are only part of a company's research, which can also include one-on-one, questionnaires, or even spending extended periods with people to see how they use their vehicles in their everyday lives.

about the vehicle."

Depending on the level of research, those in the focus group may be shown the entire vehicle, or just parts of it. In some cases, they may even see something unrelated to the car, to stimulate conversation.

The research is used for everything from the vehicle's styling and usability, to how it should be advertised.

People of similar ages and lifestyles are usually grouped together, but the company only uses three or four groups of each. "After that, you'll get a lot of repetition," Heck says. "You're looking for themes: not what one individual says, but what a number of people say."

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